DEPORTATIONS FROM CANADA SOAR, PG 7

Comment pg 14

Bob Rae waits in Liberal wings

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OUVER • TUESDAY, OCTOBER 13, 2009 metronews.ca

Celebrity Buzz

Reid sheds clothes for Playboy shoot

pg 25

Man stable after multiple stabbings

SURREY A man in a wheelchair is in stable condition in hospital after being stabbed in a fight in Surrey.

Police say an argument broke out between two men near 124th Street and 64th Avenue just before midnight on Sunday, and one of the men was stabbed multiple times.

A suspect was arrested nearby.

Police say the victim and suspect knew each other and are known to police.

METRO VANCOUVER

News on the Move

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Food pg 21

Dish up some Diwali treats

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PHOTO SUBMITTED

André Navarri, left, president of Bombardier and Alain Flausch, CEO Société des Transports Intercommunaux de Bruxelles, with a Flexity tram yesterday during departure celebrations in Brussels. Two of the trams will arrive in Vancouver in December to serve as the 2010 Olympic Streetcar Line.

Eco-friendly tram on loan during Olympics

Free streetcar service to run from January 21 to March 21

KRISTEN THOMPSON
kristen.thompson@metronews.ca

VANCOUVER 2010 Games

Another eco-friendly transit option — a free streetcar service — will be available to commuters, visitors and competitors in the three months leading up to, during and after the 2010 Olympics.

Two of Bombardier's Flexity trams have been loaned to Vancouver from Belgium and left for Canada during a special celebration in Brussels yesterday.

"They'll be the best and latest in streetcar designs in Europe, which have won two design awards in Europe," said Steve Hall, general manager for Bombardier Transportation, Western Canada.

"We're trying to demonstrate to people in Vancouver what another transit option could be for the future."

The trams will be running 18 hours a day between the Olympic Village and Granville Island along the Downtown Historic Railway track, as part of a streetcar demonstration between Bombardier and the City of Vancouver.

Service starts Jan. 21 and runs until March 21.

Hall said the streetcar model has been successful in nearby cities like Seattle, Portland and Tacoma, adding they're bright and airy, quiet, eco-friendly, and appeal to peoples' sense of nostalgia.

Speaking at the celebratory event in Brussels, André Navarri, president of Bombardier Transportion, said a renaissance in public transport is reviving the streetcar.

"Modern trams … are helping cities breathe once again by reducing pollution and congestion," he said.

Flexity

- The Flexity trams will leave Europe via Germany, and will travel by sea and through the Panama Canal before arriving in British Columbia in December.

Araxi hosts party for chef battle

FINALE The final four contestants of Hell's Kitchen will be at Whistler's Araxi Restaurant tomorrow for the reality TV show's two-hour season finale.

Cottle

Contreras-Fox

Levey

The high-end eatery will be hosting a party — dinner included — to watch the last episode and see who will win the coveted job as Araxi's head chef.

On screen, finalists Kevin Cottle, Ariel Contreras-Fox and Dave Levey will duke it out in the kitchen to impress the show's host, celebrity chef Gordon Ramsay, and prove they deserve the job in Whistler.

The fourth finalist, Tennille Middleton — who was eliminated in last week's episode — will also be at Araxi.

The $125 dinner includes a selection of canapés, wine and cocktails.

KRISTEN THOMPSON/ METRO VANCOUVER

Dinner

- Tickets to the finale celebration at Araxi Restaurant can be bought at whistler.com or 1-800-944-7853.

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Toronto Air + 3 Nights — from $519 + taxes & fees $117
INCLUDES 4-star central accom. ADD Niagara Falls day trip with buffet lunch from $129.

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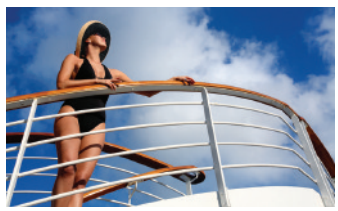
Cruise Holidays



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Local

Olympic Oval honoured

Richmond's Olympic Oval, left, captured a major international engineering prize for structural design. The Oval bested Beijing's Bird's Nest Stadium for the Award for Sports or Leisure Structures, which was announced Friday in London.

METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR
2009 Festival of Media Awards

News in brief

SWINE FLU A 26-year-old mother from Mission has died from what may have been H1N1, news1130.com reports. The woman, who had a daughter, died in hospital on Sunday. Fraser Valley Health has not yet commented.

EXPLOSION A man in his 50s has died in an explosion at a Surrey home, news1130.com reports. Authorities have not determined what caused the explosion near Guildford Shopping Centre. Police have not released the identity of the victim.

STABBING A 41-year-old man is recovering after being stabbed during a fight in the Downtown Eastside, news1130.com reports. The victim was stabbed at a hotel near Main and Hastings streets on Sunday. Police say he is being uncooperative.

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Painting picture of poverty

Area mayors call for unified national strategy on homelessness

KIMBERLY SHEARON
for Metro Vancouver

Metro Vancouver's mayors renewed their call for a national affordable housing strategy as the fourth-annual Homelessness Action Week kicked off yesterday.

"We're letting people fall through the cracks … and no other country at our level is doing that," said Vancouver Mayor Gregor Robertson.

Nearby, powerwashers prepared to emblazon stophomelessness.ca into the sidewalk outside the Broadway-Commercial SkyTrain station — a reminder that each person can help end homelessness.

Canada is the only G8 country without a national housing strategy, which would align provincial, federal and municipal efforts to eradicate homelessness.

Figures from March 2008 indicate that there are 2,600 homeless in Metro Vancouver, but the real number of homeless is thought to be higher due to last year's economic downturn.

Many others — specifically young adults and single mothers — live on the brink of homelessness, said Alice Sundberg, co-chair of the Greater Vancouver Regional Steering Committee on Homelessness.

"They may be one paycheque away from losing their home and having no place to stay," she said.

Ending homelessness goes beyond getting people off the street and into shelters, added Port Coquitlam Mayor Greg Moore.

"(It's also about) closing the door to homelessness so people don't become homeless. We can be a better society if people aren't on the streets … we should keep them in the homes they are in, and that's what the national strategy needs to address."

KIMBERLY SHEARON/FOR METRO VANCOUVER

Port Coquitlam Mayor Greg Moore, left, Coquitlam Mayor Richard Stewart, Susan Papadionissiou and Alice Sundberg, co-chairs of the Greater Vancouver Regional Steering Committee on Homelessness, and Vancouver Mayor Gregor Robertson join forces to launch Homelessness Action Week.

m.metronews.ca

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Homeless man set on fire in attack

CRIME A man was set ablaze while he slept outside after a night of drinking on Commercial Drive.

The 26-year-old New Westminster man suffered minor burns to his chest and wrist in the attack that occurred around 11:40 p.m. Saturday.

According to Vancouver police, the man spotted a couch on the sidewalk near Fifth Avenue and Commercial Drive and decided to lay down.

A while later, a witness spotted three men standing over the sleeping man. One sprayed him with some sort of fluid and then set it afire.

The witness ran to help and got into a fight with the three men.

A second person heard the kerfuffle and ran over to assist.

The three attackers ran off and the 26-year-old was taken to hospital.

The attackers are described as white males, between the ages of 25 and 40, dressed in black and sporting tattoos and piercings.

METRO VANCOUVER

B.C. Ferries experiences long weekend of busy crossings

KIMBERLY SHEARON
for Metro Vancouver

Travellers trying to get home after the Thanksgiving long weekend faced long lines at local ferry crossings yesterday as the effects of Friday's generator fire on the Spirit of Vancouver Island continued to ripple through the province's ferry system.

"It was the last long weekend of the season, so the timing couldn't have been much worse," B.C. Ferries communication manager Deborah Marshall said.

For most of the day, a two- to three-sailing wait greeted motorists at the Swartz Bay terminal trying to get to Tsawwassen.

B.C. Ferries added extra sailings at 6 p.m. and 10 p.m. out of Swartz Bay, and 4 p.m. and 8 p.m. out of Tsawwassen. The ferry company was also prepared to add more late-night sailings if needed, Marshall said.

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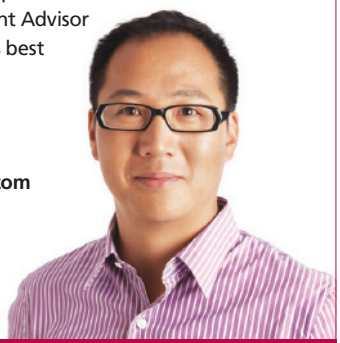

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Record lows across province
A cold snap across B.C. broke as many as 80 local temperature records yesterday. In Vancouver the temperature dipped below 1 C. METRO VANCOUVER

Cuts to Stanley Park ecology group decried

KIMBERLY SHEARON
for Metro Vancouver

The Stanley Park Ecology Society has been left out in the cold by the B.C. government's gaming cuts, hurting efforts to conserve the Vancouver landmark, critics said late last week.

The SPES is one of the more than 6,800 charities and community groups across the province left reeling by a $77-million cut to gaming revenue grants.

The society has lost a $60,000 grant that funds a conservation awareness program that educates nearly 10,000 students each year. Its Co-Existing with Coyotes program is also at risk, the society said.

"These programs benefit our entire city and teach environmental education to kids, some who've never been in a forest before," said NDP arts critic Spencer Herbert.

SPES executive director Patricia Thomson called the cuts "shortsighted."

"Supporting conservation programs is vital to teaching environmental responsibility to children at a young age because they'll eventually become the stewards of our oceans and forests," she said.

Olympics **Home away from home**

DARRYL DYCK/THE CANADIAN PRESS

Canadian bobsleigh athlete Serge Despres sits on a bed in a room at the athletes' village for the Vancouver 2010 Winter Olympic Games on Friday. Journalists were given a tour of suites in one of the buildings that will house more than 2,800 athletes during the Games.

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Aquarium to be designated learning centre
The Vancouver Aquarium will be named the first Coastal Ecosystem Learning Centre in Canada tomorrow. The designation recognizes the aquarium as a centre of excellence in ocean education and environmental literacy. METRO VANCOUVER

Mom to testify at murder trial

Darcie Clarke was hysterical in days after kids' deaths: Mountie

A mother is expected to describe today the unimaginable horror of coming home to find her three children dead.

Darcie Clarke will testify at the first-degree murder trial of Allan Schoenborn, the children's father.

He is accused of killing five-year-old Cordon Schoenborn, his eight-year-old brother Max and their 10-year-old sister Kaitlynne in April 2008 in their Merritt trailer home.

The B.C. Supreme Court trial, by judge alone in Kamloops, has already been witness to many heart-wrenching details, including video evidence taken of the crime scene.

Not far from the front entrance of the home, the boys were found lying on the living-room couch as if asleep, the TV was on and Max's arm was wrapped protectively over his little brother's chest.

On the wall nearby a message in large block letters read "Forever young." It was written in soya sauce.

The court heard that both boys were either smothered or suffocated.

Down the blood-spattered hallway in Kaitlynne's room, Clarke's daughter was wrapped in a blanket, which hid the stab wounds that killed the Grade 4 student.

The first RCMP officer on the scene testified Clarke was hysterical, crying "my babies, my babies" over and over in the hours and days after she found the children dead.

The court also heard most of the blood found in the home was from Schoenborn and there were indications he may have attempted to kill himself before fleeing.

THE CANADIAN PRESS

Torch relay to touch on cross-border ties

VANCOUVER 2010 Games

OLYMPICS The 2010 Olympic torch will be the focus of a joint Canada-U.S. celebration only a handful of days before the lighting of the Olympic cauldron at B.C. Place.

The Olympic flame will be carried by an honorary U.S. and honorary Canadian torchbearer on Feb. 9 to recognize the ties between B.C. and Washington State.

The relay will travel 45,000 kilometres across Canada over 106 days.

METRO VANCOUVER

Thanksgiving **On a mission**

KRISTEN THOMPSON/METRO VANCOUVER

Garry Bigg enjoys some pumpkin pie at the Union Gospel Mission on East Cordova Street yesterday. The mission served around 3,000 Thanksgiving meals.

Employment up by 14,000 in B.C.: Survey

STIG NIELSEN
for Metro Vancouver

STATSCAN Employment in B.C. increased by 14,000 in September, the most in the country, according to Statistics Canada.

The number of employed British Columbians has been increasing since March. More than 30,000 new jobs have been created across the province, many in skilled labour.

The labour market, however, has yet to recover from last October when in excess of 39,000 people lost their jobs.

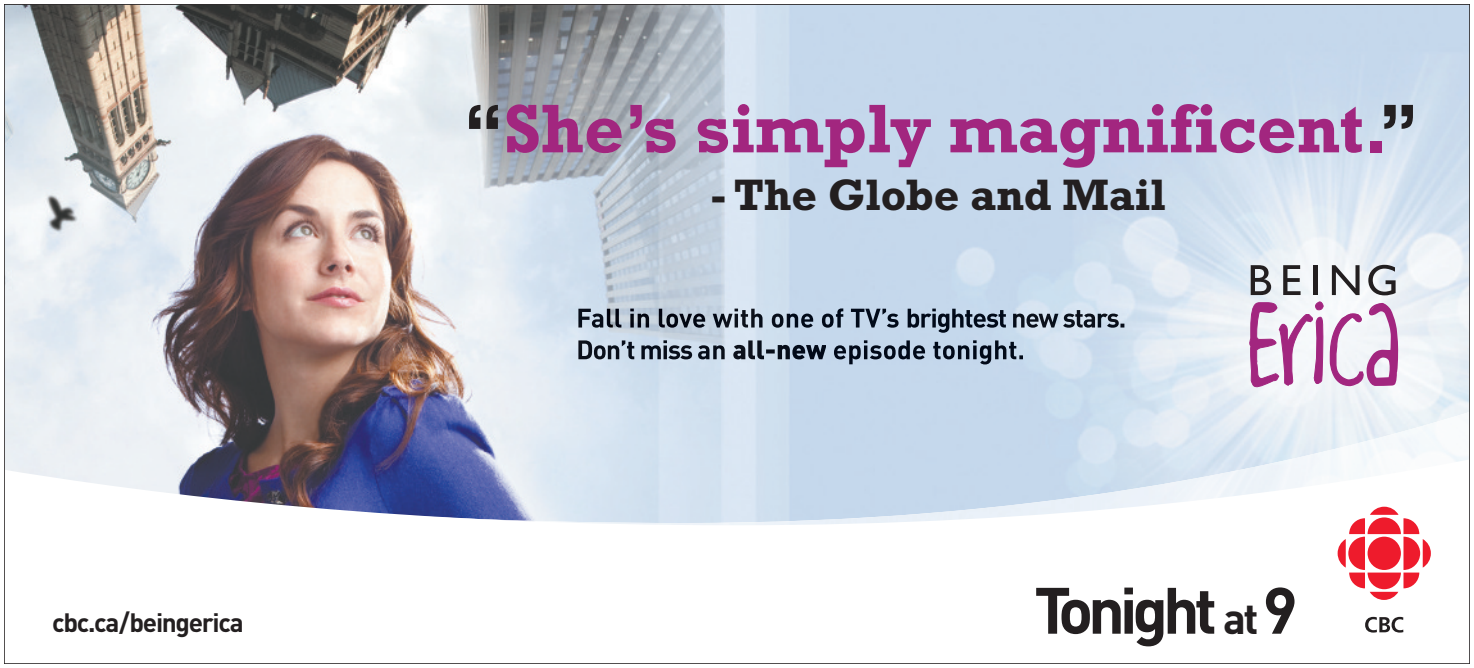
On a national scale, September was the first month with an increase in employment since the jobs peak of October 2008. Since October, 395,000 Canadians have lost their jobs.

News in brief

ROAD RAGE Vancouver police are looking for witnesses in a road-rage incident that occurred at the southwest corner of Hastings Street at Commercial Drive. Two men got into a fight that resulted in head injuries for a 25-year-old Vancouver resident. He remains in hospital in serious condition.

ROADBLOCK A beige Cadillac STS drew fire from Surrey RCMP Saturday when the driver propelled his vehicle through a roadblock at high speed. The identity and condition of the driver are unknown.

RIGHTS The B.C. Civil Liberties Association is spewing brimstone at the proposed Bill 13, which would allow Richmond, Whistler and Vancouver to enter private homes to remove or cover up any anti-Olympic signs with only 24 hours warning, 13 days less than now. METRO NEWS SERVICES



Expiring EI driving food bank use: Ignatieff
Inadequate employment insurance benefits are forcing more and more people to turn to food banks for help, Liberal Leader Michael Ignatieff said Sunday. He is worried about the toll the recession is taking on people who have not been able to find new jobs. THE CANADIAN PRESS

Canada

Rare stamps going on sale

Stamp enthusiasts will get a glimpse and a chance to bid on some of the oldest and most valuable stamps in Canadian history later this month — including a mint-condition 1851 Canadian 12-pence denomination postage stamp, left, depicting a young Queen Victoria. A U.S. stamp collector is selling 133 early Canadian postage stamps and 81 U.S. Civil War era stamps to raise money for a new postal collection at the Smithsonian National Postal Museum. THE CANADIAN PRESS

Deportation numbers soar

Increase seen in last decade

Deportations from Canada have skyrocketed more than 50 per cent over the last decade, and the bulk of those given the boot are failed refugee claimants who may return home to face torture and persecution.

12,732
The number of people deported from Canada in 2008.

Figures obtained by The Canadian Press through Access to Information show Canada removed 12,732 people last year — a major increase from the 8,361 who were deported in 1999.

A series of steady increases over the years shows no sign of abating in 2009. By Aug. 25 of this year, 8,999 had already been deported.

Canada Border Services Agency statistics show failed refugee claimants accounted for three-quarters of deportations while the remainder were often removed on criminal or security grounds.

The most common deportation destinations are the U.S. and Mexico, though hundreds more are being sent to places with shoddy track records on human rights or security, like China, Pakistan and Haiti.

THE CANADIAN PRESS

Commons Speaker marks milestone

OTTAWA Peter Milliken's job might be compared to herding cats, but he's done it longer than anyone in Canadian history.

Milliken is the Speaker of the House of Commons and, as of yesterday, he held the job for 3,178 days, surpassing the tenure of Lucien Lamoureux, a Trudeau-era Speaker.

While few people are likely to recognize the name, they'll likely know the face. On the evening news clips from the Commons, he's the white-haired chap in the black robe trying to keep the exasperation from his voice as he tries to calm a raucous question period.

The 62-year-old MP from Kingston, Ont., was elected the 34th Speaker on Jan. 29, 2001, and has since been acclaimed once and re-elected twice to the post.

It's a tough job. He has to cut himself off from his own party and caucus to avoid any perception of bias. He must maintain order among 307 often-fractious MPs. He has to handle his own constituency work, like any other MP.

He's basically the chief executive officer of Parliament, overseeing budgets and operations for the Commons and the various buildings that make up the parliamentary precinct.

"It's very demanding, time-wise," he said. "You start reasonably early in the morning and you go fairly late at night every day."

THE CANADIAN PRESS

FRED CHARTRAND/THE CANADIAN PRESS

House of Commons Speaker Peter Milliken, centre, seen in the Senate Chamber on Parliament Hill in Ottawa in this file photo. As of yesterday, Milliken held the job for 3,178 days, becoming the longest-serving Speaker in Canadian history.

News in brief

ACCESS The Canadian Press has filed a motion in Federal Court seeking the release of sealed documents in the RCMP's security file on storied politician Tommy Douglas. The former NDP leader caught the attention of the RCMP through his longstanding links with left-wing causes, the burgeoning peace movement and assorted Communist party members.

DISEASE Bovine tuberculosis carried by wild elk is increasingly threatening some Manitoba cattle herds, prompting farmers to call for a cull of the animals before more cows succumb to the disease.

THE CANADIAN PRESS

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Northwest Passage designated conservation area
Canada is moving to firm up control over the disputed Northwest Passage by designating the waters of its eastern entrance a national marine conservation area. THE CANADIAN PRESS

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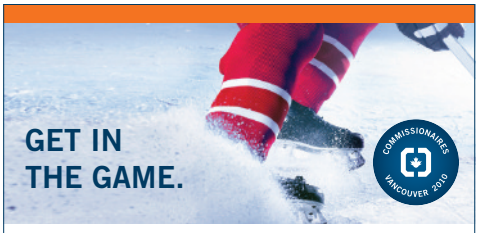

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Tough crowd for Canada

Kyoto abandonments prompt countries to walk out on address

The government's push to abandon much of the Kyoto protocol prompted dozens of developing countries to walk out on Canada's address during recent climate talks in Thailand, The Canadian Press has learned.

The mass walkout came after the Canadian delegation suggested replacing the Kyoto Protocol with an entirely new global-warming pact, according to one of the negotiators and notes taken by others at the meeting.

A widening and bitter rift between rich and developing countries over climate change was laid bare last week when delegates from 180 nations met in Bangkok to shape a successor to Kyoto before its first phase expires in just over two years. The United Nations hopes to broker a draft deal in time for a meeting in Copenhagen this December.

The delegates discussed whether all or parts of Kyoto should end up in the new agreement, according to notes taken by a delegate from a developing nation as well as one of the South African negotiators.

The developing countries want a new climate deal to complement Kyoto, but Canadian officials told the room they would rather replace Kyoto with one agreement, according to the meeting notes.

Displeasure

- The developing nations were perturbed that Canada and other industrial countries would consider copying parts of Kyoto into a new treaty. "You can't do a cut and paste on a ratified treaty," South African negotiator Joanne Yawitch said.

Canada's delegation was apparently open to putting "some or all" of Kyoto in a new climate pact, the notes say.

Some or all of (Kyoto Protocol) elements can be incorporated into (Copenhagen) agreement," the notes say about Canada's position. At that point, the South African delegation stood up and led the Group of 77 developing nations — except for a group of small island states — out of the room.

"The conversation, in our view, at the point in time was effectively over and the G77 left the room," Joanne Yawitch, a South African negotiator at the Bangkok talks, said.

Talks resumed the next day, she added.

THE CANADIAN PRESS

News in brief

BIODIVERSITY Plants, animals and the places where they live are being wiped out at a quickening pace, leading to a loss of biodiversity that could threaten whole ecosystems, say scientists meeting in South Africa this week. The international group of experts warns that Canada and more than 100 other signatories to a UN convention have failed to live up to a pledge to significantly reduce biodiversity loss by 2010.

VOTING With voter turnout for municipal elections in the doldrums across the country, Quebec is turning to comic relief in a public-relations effort to propel its electorate to the polls this fall. New TV ads feature a woman asking, "Why should I vote?" as she takes a gulp from a glass of the brown sludge trickling from her kitchen tap.

BLAZE Two men are dead after an early morning blaze at a Winnipeg bathhouse. Emergency officials were called to Aquarius Men's Bath around 7 a.m. Sunday morning.

THE CANADIAN PRESS

Calgary **Card shark**

Prime Minister Stephen Harper plays cribbage with Charles Gagne and and some of his friends at a senior's residence in Calgary on Sunday. Harper was in Calgary for Thanksgiving.

FEE NG/THE CANADIAN PRESS

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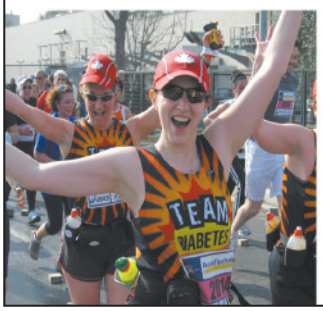

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Officials issue warning of cocaine contamination
Health officials in Peterborough, Ont., have issued a warning that people who use cocaine in the area may be at risk of severe life-threatening infections due to contamination. The narcotic could be laced with levamisole, an antibiotic used to treat worm infestations in animals. THE CANADIAN PRESS

Feds hand out plum deals?

Report warns of sole-source contracts

Too many federal contracts are being snapped up by favoured suppliers without real competition, says Canada's procurement watchdog.

Departments hand out plum contracts to lone suppliers at prices that might be lower if other companies were given a proper chance to bid, Shahid Minto suggests in his first-ever report to Parliament.

The report draws on a review of some of the $1.7 billion worth of sole-source contracts the federal government signed between 2005 and 2007.

Untendered contracts, which were at the heart of the recent eHealth scandal in Ontario, are allowed at the federal level under certain conditions: if there are no other suppliers who can do the work, or if there is an emergency, along with other limited exceptions.

But Minto's report, which focused on Health Canada, the Canada Revenue Agency, National Defence and Fisheries and Oceans, found it was too easy to skew the procurement process in favour of suppliers that officials preferred.

Federal rules also say a department that intends to issue a sole-source contract must advertise the fact publicly for a minimum of 15 days to allow potential competitors to consider whether to make a bid.

THE CANADIAN PRESS

Technicality

- The report also notes that because of a bizarre technicality, a certified sole-source contract can empower bureaucrats to spend far above their usual dollar limits without the need for senior departmental review.

Ottawa **Iggy serves it up**

PAWEL DWULIT/THE CANADIAN PRESS

Liberal Leader Michael Ignatieff and his wife Zsuzsanna Zsohar serve lunch yesterday at Shepherds of Good Hope soup kitchen in Ottawa.

Calgary man finds artillery shell in wall

SURPRISE A Calgary business owner has made a startling discovery, coming across a bomb in his wall.

Three men were painting inside the building yesterday when they found an 81-millimetre artillery shell from the Second World War.

The fire department was called in and police cordoned off the area around the building.

Police have taken the relic to their firing range to dispose of it.

No word yet on how the bomb ended up in the wall.

THE CANADIAN PRESS

UBC students shooting for the moon

CONTEST They've put in more than 3,000 hours to have a shot at half-a-million dollars in prize money and prestige awarded by NASA. Not to mention the claim they're working to save humanity.

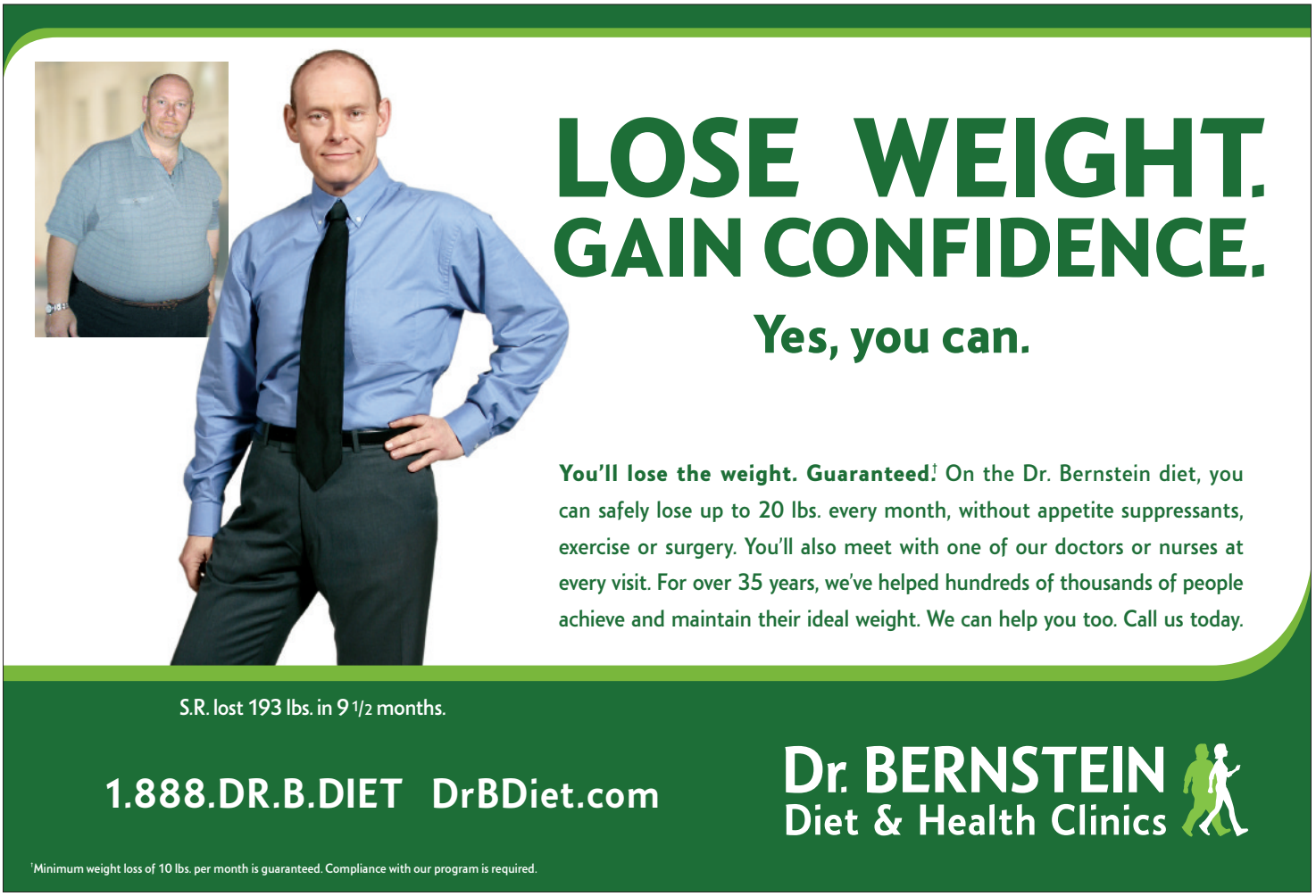
But all those prospects are far from the minds of these University of British Columbia students — about as far away as the celestial body they're aiming to conquer.

Cash

- The winner gets $500,000 in prize money, as well as a chance to work with NASA

The Thunderbird Robotics club has been working tirelessly to build a moon dust-shovelling robot, which they'll set in motion at a NASA-run competition in California next week. Some 20 teams will be competing in the NASA Regolith Excavator Centennial Challenge Oct. 17, aiming to prove their robot is most agile in excavating moon rock.

THE CANADIAN PRESS



Man in coma after apparent hate crime

New York City police say a 49-year-old gay man leaving a corner deli near his home was beaten by two men in an apparent hate crime. Jack Price remains in a medically induced coma. He is in serious but stable condition. THE ASSOCIATED PRESS

World

No presents for troops on front line?

Thinking of sending a Christmas gift to a British soldier on the front lines? Don't bother. That's the advice from the U.K. Defence Ministry, which warns that the military's mail delivery system may be overtaxed if well-meaning citizens send too many goody boxes for the troops. Instead of making individual purchases and sending them to Afghanistan, the department advises people to work with specified charities that can provide practical gifts for the soldiers.

THE ASSOCIATED PRESS

Blast kills 41 in Pakistan

TALIBAN A suicide car bombing targeting Pakistani troops killed 41 people yesterday, the fourth grisly militant attack in just over a week, as the Taliban pledged to mobilize fighters across the country for more strikes.

The Taliban also claimed responsibility for the 22-hour weekend attack on the nation's heavily fortified army headquarters, saying a cell from Pakistan's most populous province carried out the raid. The claim that a Punjabi faction of the Pakistani Taliban was behind that strike is a sign the insurgents have forged links with militants outside their main strongholds in Pashtun areas close to the Afghan border. THE ASSOCIATED PRESS

Rising violence

- The Taliban have stepped up attacks in the past week. On Oct. 5, a bomber blew himself up inside a UN aid agency in Islamabad, killing five. On Friday, a militant detonated an explosives-laden car in the middle of a busy market in Peshawar, killing 53 people.

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1 billion hungry: UN aid agency

Agricultural investment in developing countries will have to increase more than fivefold to ensure that by 2050 the world has enough to eat, a UN food agency said yesterday.

Poor countries will need a yearly $44 billion US of development assistance in agriculture compared with the current $7.9 billion, the Food and Agriculture Organization said as it opened a two-day forum of experts on how to feed the world in 2050.

By then, population is expected to rise from 6.7 billion people to 9.1 billion and the world's food output will have to increase by 70 per cent, the agency said in a statement.

Investments in developing nations are needed to increase access to irrigation systems, modern machinery, as well as to build roads and train farmers.

"The challenge is not only to increase global future production but to increase it where it is mostly needed and by those who need it most," FAO Director-General Jacques Diouf said.

Diouf told the 300 experts gathered at the Rome-based agency that agriculture faces the challenge of climate change, which is increasing extreme events like floods and droughts. The effects of climate change could reduce output by up to 30 per cent in Africa and up to 21 per cent in Asia, he said.

Food production must also compete with biofuel production, which is set to increase nearly 90 per cent over the next 10 years. While more environmentally friendly than coal and oil, fuels that are made from food crops, like corn-based ethanol, are often seen as helping to increase commodities prices and swell the ranks of the world's hungry.

In June, the FAO said the number of hungry people had reached a record one billion under the combined effect of the global financial crisis, high food prices, war and drought.

THE ASSOCIATED PRESS

m.metronews.ca

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Kenya **Proud step-grandma**

SAYYID AZIM/THE ASSOCIATED PRESS

Sarah Obama, step-grandmother of U.S. President Barack Obama, reads her local newspaper Saturday in Kenya. The Norwegian Nobel Committee stunned many with its decision Friday to award Obama the peace prize so early in his presidency for his initiatives to reduce nuclear arms and defuse tensions.

News in brief

MEXICO Tropical Storm Patricia strengthened yesterday as it inched closer to the tip of Baja Calif., prompting Mexico's government to issue a tropical storm watch for the resort-dotted south of the peninsula.

FRANCE A French judge has filed preliminary charges against a physicist at the world's largest atom smasher who is suspected of al-Qaida links, a judicial official said. The 32-year-old Frenchman of Algerian origin, who works on the Large Hadron Collider, is suspected of involvement with al-Qaida in the Islamic Maghreb, a North African group that targets Algerian government forces and sometimes attacks foreigners. He was arrested Thursday in France. THE ASSOCIATED PRESS

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Polish ambassador hit by lightning

Poland's ambassador to Montenegro was seriously injured and another man died after they were struck by lightning during a mountain-climbing expedition, doctors said yesterday. Ambassador Jaroslaw Lindenberg was admitted to a hospital with injuries including a broken arm, a broken heel and burns. THE ASSOCIATED PRESS

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Six to die after Chinese riots

Activist says sentences may increase ethnic tensions

A court in China's far western Xinjiang region sentenced six men to death yesterday for murder and other crimes committed during ethnic riots that killed nearly 200 people. A seventh man was given life imprisonment.

The sentences were the first for any of the scores of suspects arrested in the July rioting between Muslim Uighurs and members of the Han Chinese majority in the regional capital of Urumqi. It was China's worst communal violence in decades.

Violence in Xinjiang

- Violence flared on July 5 after police broke up a protest by Uighur youths demanding an investigation into a deadly brawl between Han and Uighur workers at a toy factory thousands of kilometres away in southern China.

The verdicts appeared aimed at placating Han Chinese who have rallied in Urumqi calling for swift justice. An overseas Uighur activist, however, said they were only likely to exacerbate the ethnic tensions.

Xinjiang has been under heavy security since the strife, and state TV showed paramilitary troops in riot gear surrounding the courthouse yesterday.

The official Xinhua news agency said seven people were convicted of murder, and some also convicted of arson and robbery. Six received the death penalty: Abdukerim Abduwayit, Gheni Yusup, Abdulla Mettohti, Adil Rozi, Nureli Wuxiu'er and Alim Metyusup.

A seventh man — Tayirejan Abulimit — got a lesser life imprisonment because he had aided in the capture of another man, confirmed Li Jie, a spokesman for the Xinjiang regional government.

The names of the convicted men appeared to identify them as Uighurs.

Police have said hundreds of people were detained following the rioting in Urumqi that the government says killed 197 people and injured more than 1,700. THE ASSOCIATED PRESS

American first woman to win Nobel Prize in economics

AWARD Elinor Ostrom became the first woman to win a Nobel Prize in economics, honoured along with fellow American Oliver Williamson yesterday for analyzing economic governance — the rules by which people exercise authority in companies and economic systems.

Elinor Ostrom

Ostrom was also the fifth woman to win a Nobel award this year — a record for the prestigious honours.

It was also an exceptionally strong year for the United States, with 11 American citizens — some of them with dual nationality — among the 13 Nobel winners, including President Barack Obama, who won the Nobel Peace Prize on Friday.

Ostrom, 76, and Williamson, 77, shared the 10 million kronor ($1.5 million US) economics prize for work that "advanced economic governance research from the fringe to the forefront of scientific attention," the Royal Swedish Academy of Sciences said in announcing the award. THE ASSOCIATED PRESS

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Two suspected pirates in custody

Spain's Defence Ministry says two Somalis arrested for allegedly taking part in the Oct. 2 hijacking of a Spanish trawler off the coast of Somalia have been brought to Madrid and placed in custody. THE ASSOCIATED PRESS

Industry goes on offensive

Insurance companies warn health-care reform will drive up costs

U.S. insurance companies put out a report yesterday concluding that the Senate's health-care legislation would drive up costs to consumers, delivering a dire message at a crucial point in the debate and potentially threatening President Barack Obama's top domestic priority.

The White House and congressional Democrats dismissed the late-incoming message as a "hatchet job." But it put them and their allies on the defensive a day ahead of a pivotal vote in the Senate Finance Committee on sweeping legislation that aims to achieve Obama's goals of extending coverage to the uninsured and curtailing spiraling medical costs.

The study commissioned by America's Health Insurance Plans marked a shift in strategy by the industry, which had been working for months behind the scenes to help shape health-care legislation. With the Senate panel set to vote on legislation the industry fears could result in a loss of revenue, the insurers went on the attack, in dramatic fashion.

Late Sunday, AHIP sent reporters and its member companies a new accounting-firm study that projects the legislation would add $1,700 a year to the cost of family coverage in 2013.

THE ASSOCIATED PRESS

Netanyahu won't allow war crime trials for Israelis

MIDDLE EAST Prime Minister Benjamin Netanyahu yesterday vowed never to allow Israeli leaders or soldiers to stand trial on war crimes charges over their actions during last winter's military offensive in the Gaza Strip, furiously denouncing a UN report in a keynote address to parliament.

Netanyahu's fiery rhetoric — and his decision to open the high-profile speech with remarks on the report — reflected the deep distress felt among Israeli leaders after a UN commission accused Israel of intentionally harming civilians when it launched a massive attack in Gaza to stop years of rocket fire.

"This distorted report, written by this distorted committee, undermines Israel's right to defend itself. This report encourages terrorism and threatens peace," Netanyahu said in his address at the opening of parliament's winter session. "Israel will not take risks for peace if it can't defend itself."

THE ASSOCIATED PRESS

Bangladesh **Domestic violence**

PAVEL RAHMAN/THE ASSOCIATED PRESS

University students hold posters yesterday to protest against the death of a female student, who was allegedly killed in domestic violence, in Dhaka, Bangladesh. Posters written in Bangla read: Stop Domestic Violence and Stop Physical Assault.

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Comment

Bob Rae waiting at the Grit gates

NationalReport

One of Michael Ignatieff's close caucus supporters said to me the other day, "We're still supporting Michael, but Bob Rae has gained our trust."

He went on to list some of the reasons he and others now have more faith in Rae than Iggy. At the Sudbury party meeting last month, Rae got it right. He was saying, behind the scenes, that Iggy should not be pushing for an election because it would make him look just as the Conservative attack ads were depicting him — an opportunist. Iggy didn't take Rae's advice. He vowed to bring down the government as soon as possible. But the gambit has done more to bring him down than the prime minister. Caucus members now say they will undercut any order by Iggy to defeat the government by conveniently being absent on voting day.

In June, Ignatieff's team was pressing for a summer election. Rae cautioned against such a move, saying the party wasn't ready and summer wasn't the time. But the leader came out sounding hawkish, ready to go. Then he suddenly pulled back when told his party wasn't financially ready. He looked feckless in so doing.

In the recent dispute that led to the resignation of Denis Coderre as caucus chair, the Rae position again held sway. Against Coderre's wishes, he lobbied to allow Martin Cauchon to run for the party in the Outremont riding. Pressure ultimately forced Ignatieff to reverse himself and go that route.

The far more experienced Rae has told associates he is not happy with Ignatieff's handling of the job. A participant at morning meetings with the leader and some MPs says Rae's performance there has been noticeably less enthusiastic in recent times. Former prime minister Jean Chrétien, whose old team is replete with Rae supporters, complained recently that he hasn't been hearing much from the Liberal leader. Even Prime Minister Harper, he said, calls him more often.

On the weekend, Rae had to come forward to deny he orchestrated a move by a group of Liberal senators to amend a crime bill, a bill that Ignatieff was supporting.

As common sense would suggest, Rae, who fell short in a couple of runs for the crown, still has leadership ambitions. He can protest that he is being loyal, that he is doing nothing to encourage his supporters. But with the party in a free fall, disgruntled caucus members are going to talk and journalists are going to listen.

The last thing the Liberals need at this point is a new outbreak of leadership feuding. But unless Ignatieff reverses his slide, that's what they'll get.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Higher taxes may be the only solution

InBusiness

Read their lips: No new taxes. Stephen Harper's Conservatives and Michael Ignatieff's Liberals keep saying we can gradually eliminate the burgeoning federal deficit without raising taxes. Economic recovery is supposedly going to provide the tax revenues that, along with some judicious cuts in program spending, will put the nation back in the black sometime after 2015. It will all be so gradual that you won't really feel it.

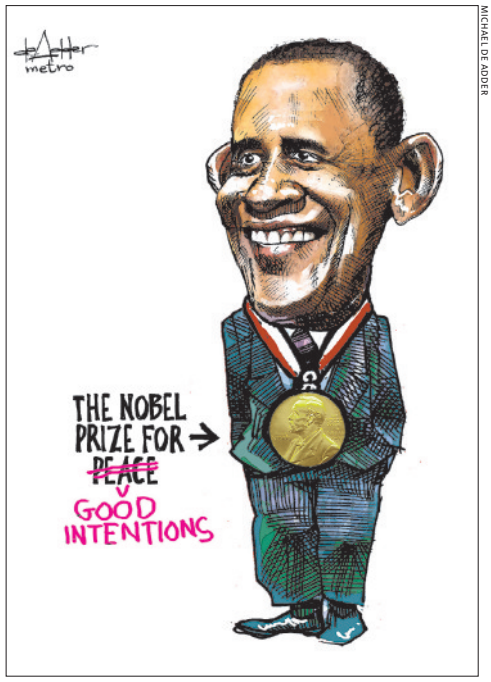
Only children and incurably gentle folk are likely to be taken in by such mendacity. To get some idea of our current deficit problem and the harsh choices we face, we should cast our minds back to 1993. The deficit that year came in at a then record $42 billion, prompting people like the IMF to wonder if we were on our way to becoming a Third World country. The newly elected Chrétien Liberals, with Paul Martin as finance minister, did indeed lick the deficit. Economic growth helped, but we shouldn't forget that the federal government whacked more than $12 billion from program spending over three years as well as chopping social transfer payments to the provinces. It also introduced a "fairer" tax system that left personal tax rates alone while boosting corporate tax and surtax rates as well as temporarily hiking capital taxes. Individuals didn't get away scot-free. RRSP contribution limits were temporarily reduced, and excise taxes on gas and tobacco were raised, among other measures.

This time, we have a deficit that's going to hit at least $56 billion. A slowly recovering economy won't readily generate additional tax revenues. For one thing, the Canadian dollar, which was low enough to spur export gains in the 1990s, is stronger now. And the key U.S. market will be depressed for some time.

Cutting transfers to the provinces isn't much of a solution either since all but Saskatchewan are running deficits at the moment. Nor is there much room to cut federal spending, given that significant chunks of what Ottawa lays out — $19.2 billion on national defence in fiscal 2010, for example — are more likely to grow than shrink.

So what's a prime minister to do? Raise taxes, either in the form of GST points or personal levies. A minority government won't get away with it, but if one or the other major parties wins a majority at the next election, higher taxes will likely be part of any deficit reduction package.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



MICHAEL DE ADDER

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Google board member averts conflict of interest
Google Inc. says board member Arthur Levinson, who is also a director of computer maker Apple Inc., is stepping down, removing a potential conflict of interest as the two companies look to compete more directly. THE ASSOCIATED PRESS

Business

DOLLAR	GAS	OIL	TSX
Closed	US $4.88 US 11¢	US $73.27 US $1.50	Closed

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

U.S. stocks pare gains

Investors waiting for earnings reports to flow in traded cautiously yesterday, giving up early gains and leaving the U.S. market narrowly mixed. The Dow Jones industrials reached a new 2009 trading high, edging closer to 10,000.

A weaker dollar and a spike in oil prices drove energy and materials prices higher, but weakness in technology and industrial shares held the market back.

Stocks got an early boost from a better-than-expected profit report from Dutch company Royal Philips Electronics. That sent Britain's leading stock indicator to its highest level in a year.

Investors looked ahead to the flurry of earnings due this week from key companies including Intel Corp., Johnson & Johnson, IBM Corp. and General Electric Co.

The Dow traded as high as 9,931, just 69 points away from 10,000, a level not seen in a year.

THE ASSOCIATED PRESS

RICHARD DREW/THE ASSOCIATED PRESS

Trader Dudley Devine, foreground, works on the floor of the New York Stock Exchange. While Canadian stock exchanges were closed yesterday markets around the world rallied.

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3-D technology may soon be heading for your living room

ENTERTAINMENT Now that 3-D movies are popular in theatres, the next starring role for this digital technology could be the living room.

Major TV makers are moving to 3-D TVs, hoping that consumers will want to feel like they're almost inside what they're watching, but analysts say it could be years before it's mainstream. Mitsubishi has a 3-D ready TV and Sony and Panasonic are among manufacturers expected to hit the market in 2010 with TVs that could cost at least $5,000 US. Consumers will still have to wear special glasses.

The manufacturers are following the lead of the movie major studios, which have embraced 3-D with animated movies.

THE ASSOCIATED PRESS

Business in brief

WIRELESS A spokesman for a group of former Nortel employees was "shocked" Friday to learn former CEO Mike Zafirovski is seeking more than $12 million US from the insolvent Canadian company. "I was amazed and I'm frankly staggered by his effrontery," said Tony Marsh, spokesman for a group called Nortel Retirees and former employees Protection Canada. Zafirovski's claim is one of many filed with a U.S. bankruptcy court dealing with Nortel's restructuring. THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Deferring collection to age 70 could pay under CPP changes

PENSION Deferring collection of your Canadian Pension Plan benefits could pay off financially under proposed changes to the CPP rules, but first it's important to undertake the somewhat morbid task of figuring out how long you expect to live.

The proposed changes, which will begin to be phased in in 2011 if they're approved by Parliament and the provincial governments, aim to provide retirees and older workers with greater flexibility and more choice.

If implemented, the changes would increase or decrease pension adjustments for people who choose to receive their CPP benefits either earlier or later than the normal collection age of 65.

Currently, the amount a person receives is reduced by 0.5 per cent for each month the pension is taken before age 65 to a maximum of 30 per cent. Conversely, the pension is increased by 0.5 per cent for each month it's taken after age 65 to a maximum of 30 per cent.

The changes will increase the early pension deduction to 0.6 per cent per month to a maximum of 36 per cent, while the late pension increase will be 0.7 per cent per month to a maximum of 42 per cent.

"We find very few people actually postpone retirement past 65 because a lot of people don't realize that you actually get a premium if you're willing to postpone your CPP as late as 70," said David Ablett, director of tax and retirement planning at Investors Group.

Ablett said the proposed changes make it more attractive than ever to defer receiving your CPP as long as possible — assuming you expect to live a long time.

THE CANADIAN PRESS

Other changes

- People would be allowed to receive their CPP benefit at age 60 while continuing to work full-time. Currently, workers have to either stop working or reduce their wages.
- People who receive CPP while working would be allowed to continue to make contributions to the plan, which will increase their overall retirement benefit.

Turning back to cash

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

This just in from the recession wars south of the border. Americans are turning to debit cards and away from credit cards, according to the Washington Post. The annualized decline of 8.1 per cent in the use of credit is the first in decades and is matched by an increase in debit cards and cash for purchases.

"Adjust those debits so they come out of your account a day or two after your paycheque is deposited. That way you won't get a false sense of riches."

But beware, even with debit cards and cash there are pitfalls. First of all, pernicious overdraft protection makes it almost as easy to tip into debt as with credit cards. And the protection comes at a price — 21 per cent interest on the overdrawn balance plus a $5 fee for each overdrawn transaction is the average at the major banks, depending on your account. Carrying a balance on a low-interest credit card would actually be cheaper.

Additionally, debit card devotees can run up fees if you go over the transaction limit for your account. And don't forget, even with premium accounts there are usually charges for withdrawals at non-home bank machines, typically at least $1.50 each.

Debit cards really are great tools if you avoid the fees and don't use overdraft protection.

Alison's Money Rule:

- Getting into the debit card and cash habit can help you break the credit card habit. But it only works if you know the pitfalls.

I often put the overdrawn, overdebited and overcharged on a cash diet for awhile, but long term it makes tracking spending difficult unless you are vigilant about recording purchases. You know how it goes, the machine spits out $100, it's gone within a day and you haven't a clue where it went.

Debit cards really are great tools if you avoid the fees and don't use overdraft protection. You can easily track your purchases every month which helps you stay on budget.

Make sure you check your balance regularly and stay on top of automatic debits. Here's a tip: Adjust those debits so they come out of your account a day or two after your paycheque is deposited. That way you won't get a false sense of riches when you see your balance.

As for cash, limit yourself to a set sum for incidentals; take out that money once a week and make sure it lasts until the next withdrawal.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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Fans to pick Grey Cup halftime setlist
Blue Rodeo will perform during next month's Grey Cup halftime show, with fans choosing the Canadian band's three-song playlist. An online vote at greycuphalftimeshow.ca allows fans to choose from 10 songs for the performance Nov. 29 at Calgary's McMahon Stadium, the Canadian Football League announced yesterday. THE CANADIAN PRESS

Sports

Beckham loan 'probable'

AC Milan CEO Adriano Galliani says it looks good that David Beckham, left, will join the club on loan again from the MLS's Los Angeles Galaxy in January. Speaking at a meeting in Monaco yesterday, according to the ANSA news agency, Galliani said: "It's very probable that Beckham will come to Milan on loan until June 30." THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Getzlaf siblings no rivals

Ryan's older brother Chris emerging as CFL star with Saskatchewan

STEPHEN JOHNSON
for Metro Canada

"Every young kid in Regina thinks about playing with the Saskatchewan Roughriders."
Chris Getzlaf

It wouldn't be surprising if Chris Getzlaf felt a twinge of sibling rivalry. His younger brother Ryan has already won a Stanley Cup, signed a multi-million dollar contract, and appears to be a shoe-in for the Olympic hockey team. But Chris is an outstanding athlete in his own right and does not harbour any jealousy.

Getzlaf is a starting slotback with the Saskatchewan Roughriders. The road to the Canadian Football League was not an easy one for the six-foot, 200-pound University of Regina product.

"Whether it was the high school or professional level, I was never an immediate starter," said Getzlaf. "I have always had to work hard and prove myself to the coaches."

Getzlaf did have an opportunity to start in 2006 with the University of Regina Rams. He played well enough to attract the attention of CFL scouts and was drafted by the Hamilton Tiger-Cats in 2007.

After a brief stint with the Ticats, Getzlaf was traded to his hometown Saskatchewan Roughriders.

"It was a dream come true to return home and play with the Riders. Every young kid in Regina thinks about playing with the Saskatchewan Roughriders."

Even though Getzlaf saw limited playing time with the Roughriders in 2007, he was lucky enough to be a part of a team that won the Grey Cup. He saw more duty in 2008 starting five games with 15 receptions for 244 yards.

So far, the 2009 season has been Getzlaf's most productive. To date, the slotback has caught 28 passes for 346 yards and four touchdowns.

While many players would be content playing for their hometown team and being a starter, Getzlaf has his sights set higher. "I would like to get to the point where the quarterback and coaches want to throw to me in the clutch situations. Eventually, I am hoping to win Canadian player of the year."

When Getzlaf is not playing football, he keeps in close contact with his brother. He describes their relationship as one of healthy competition.

"Growing up, Ryan and I played sports together on a fairly regular basis," he said. "Even though I'm a couple of years older we even played on the same hockey team.

"I can also say that whenever we got in the normal brother wrestling matches or fights, I was always the victor!"

DAVID ZALUBOWSKI/THE ASSOCIATED PRESS

Philadelphia Phillie Shane Victorino is safe at third as Colorado Rockie Garrett Atkins steps on the bag yesterday in Denver.

Phillies battle back, advance to NLCS

MLB PLAYOFFS

Philadelphia 5 Colorado 4

Chase Utley ducked near second base. The rest of the Philadelphia Phillies never flinched.

Ryan Howard hit a two-run double with two outs in the ninth inning and scored on Jayson Werth's single as Philadelphia rallied past the Colorado Rockies 5-4 last night to reach the National League Championship Series.

Brad Lidge earned his second consecutive save, once again retiring cleanup batter Troy Tulowitzki with two on to end it. Tulowitzki, who flied out to conclude Game 3, struck out this time and the Phillies celebrated on the infield at chilly Coors Field.

Next, the Phillies play Thursday against Los Angeles at Dodger Stadium in an NLCS rematch from last season. This marked the fourth straight year that none of baseball's first-round series went to a winner-take-all Game 5. THE ASSOCIATED PRESS

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Sports in brief

WHL James Henry and Craig Cunningham scored in a shootout as the Vancouver Giants edged the Chilliwack Bruins 2-1 in Western Hockey League action yesterday. Brendan Gallagher scored in regulation for Vancouver, while Kevin Sundher replied for Chilliwack.

BASEBALL Alex Anthopoulos continued his makeover of the Toronto Blue Jays' front office by luring Dana Brown from the Washington Nationals to serve as a special assistant to the general manager.
THE CANADIAN PRESS

NFL Dolphins down Jets

WILFREDO LEE/THE ASSOCIATED PRESS

Miami running back Ronnie Brown, centre, looks to throw during a wildcat play against the New York Jets last night in Miami. The Dolphins scored a late touchdown to win 31-27.

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian food, eh?

Be proud, eat homegrown

CELIA MILNE
for Metro Canada

We're all familiar with Chinese food and Italian food, but what is Canadian food?

David McInnes says it's a wide variety of fresh, healthy foods.

Instead of poutine and beaver tails, Canada should be known for homegrown, nutritious commodities: Fish from our lakes and oceans, grains grown on our prairies, and fruits and vegetables in abundance all over the country.

Spinach contains lutein which may help keep eyes healthy

Promoting the Canadian diet is good for health and good for agriculture, says McInnes, who is president and CEO of the Canadian Agri-Food Policy Institute (CAPI) in Ottawa. "We need to recognize that, hey, we do have foods in Canada that are safe, healthy and are produced in a sustainable way," he says.

"We have a Canadian diet and we should be proud of what we produce and eat."

The idea of the "Canadian diet" was developed by CAPI as a starting point to help counter the rising epidemic of obesity in this country and boost the ailing farming industry. Here's how it might work:

- Get people to stop eating junk food and turn to fresher, locally-grown food — salmon, sweet potatoes, carrots, berries, whole grains, spinach, dairy products such as milk, yogurt and cheese, flax, lean meats, and a wide array of other fruits and vegetables.
- Invest in advanced research to find out which foods promote health. For instance, what are the health benefits of oats and barley? Take that research from the laboratory to the marketplace.
- Support innovation in the agriculture industry.
- Improve the regulatory environment for farmers.
- Promote strategies that drive up exports.

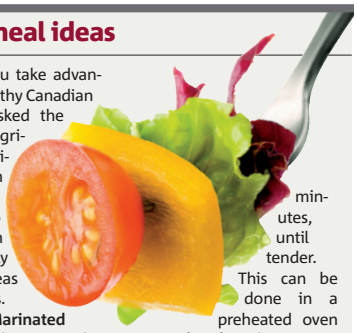
The concept sprouted wings, says McInnes, "generating considerable national interest in newspapers, radio and the trade press."

Dietitians have been promoting this way of eating for years. "Canada produces some of the world's healthiest and most versatile ingredients. Many, such as canola, salmon, pulses (dried beans and lentils) and flax provide general health benefits by helping to reduce the risk of developing chronic diseases like heart disease and cancer, while others have more specific benefits," says Mary Sue Waisman, a registered dietitian who works with Dietitians of Canada.

STOCK PHOTOS

Instead of poutine and beaver tails, Canada should be known for its homegrown, nutritious commodities, such as local fish, grains, fruits and vegetables.

Healthy meal ideas



So how can you take advantage of the healthy Canadian diet? Metro asked the Canadian Agri-Food Policy Institute, along with the Dietitians of Canada, to come up with some purely down-home ideas for our kitchens.

- **Maple Marinated Salmon:** Grilled on a Cedar Plank; top with a blueberry salsa made with chopped blueberries, red bell and jalapeno peppers and apples with fresh mint and a drizzle of canola oil and apple juice.
- **Backyard Garden Salad:** Made with spinach, romaine and local chopped veggies topped with finely diced Oka cheese and your favourite lower fat vinaigrette.
- **Cauliflower au Gratin:** Tender cauliflower topped with melted Canadian mozzarella cheese.
- **Hot-bag Vegetables:** Toss a variety of lightly oiled root vegetables (such as carrots and parsnips), bell peppers and cauliflower, seasoned with herbs and spices, into a roasting bag. These are heat-resistant, clear plastic bags with plastic closures. Place the bag of vegetables in a vegetable basket on a preheated barbecue and cook for 17 to 20 minutes, until tender. This can be done in a preheated oven at 350F if preferred.
- **Carrot, Mushroom and Green Onion Barley Pilaf:** Sauté ½ cup each of green onions, carrots and mushrooms in 2 tablespoons of canola oil; add 1 cup of barley, ¼ cup ground flaxseed, a few sprigs of fresh thyme and 3 cups of water or chicken broth and simmer until barley is soft and liquid has evaporated.
- **Platter of Canadian Cheese:** Include brie, cheddar and feta cheeses with some dried apricots, blueberries and cranberries; use any leftover cheese in school lunches — simply add some whole grain crackers, a container of yogurt and fresh grapes for a healthy quick lunch.

CELIA MILNE/ FOR METRO CANADA

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Morality or justice?

Prostitution laws don't protect the vulnerable in our society

The polarization of the debate surrounding the current court case challenging Canada's prostitution laws raises difficult questions about the role morality should play in lawmaking.

Toronto dominatrix Terri-Jean Bedford and prostitutes Valerie Scott, 51, and Amy Lebovitch, 30, are asking Ontario's Superior Court of Justice to decriminalize prostitution, saying current laws make it dangerous for women working in the sex trade.

Opponents claim decriminalization of prostitution condones the selling of sex and that is wrong.

But is it really up to the law to decide whether the selling of sex is right or wrong?

Originally outlawed under Victorian social-hygiene-policy-based "vagrancy laws" — which also applied to jugglers, loafers and other general undesirables — this was considered discriminatory when Canada's first criminal code was passed in 1892. So to satisfy moral objection to prostitution, the buying and selling of sex was made legal, but "soliciting" was not. Which is sort of like trying to be a door-to-door salesman who isn't allowed to go door-to-door.

Also, pretty much every activity surrounding prostitution — communicating, bawdy houses, and pimping, to name a few — is illegal. But, despite all this, the sex trade continues to flourish. In other words, outlawing prostitution doesn't make it go away. Besides, if you think prostitution should be outlawed because you have a moral objection to the commercialization of sex, well, in today's society, there isn't much that isn't turned into a commodity. Why is sex so sacred it can't be bought or sold?

"There should be legal limits on sex, but they should be there to protect vulnerable people, not to reflect or dictate our sexual morality."

It's anyone's moral right to frown on prostitution, but morality doesn't justify putting women in danger. The law is intended to protect the vulnerable in our society.

According to Statistics Canada, prostitution is in the top three most risky professions along with cops and cab drivers. Given that, I'd say these (mostly) women fit the description.

Still, prostitution laws achieve the opposite. Because "communicating" is illegal, street workers have to jump in cars with strangers to negotiate their terms. The streets aren't safe, but because bawdy houses are illegal, they can't go indoors. And one need only look at the Picton Pig Farm case for more proof of this job's hazards.

There should be legal limits on sex, but they should be there to protect vulnerable people, not to reflect or dictate our sexual morality. To look to the law to tell us what is healthy when it comes to sexuality is just wrong.

iSTOCK PHOTO

Is it really up to the law to decide whether the selling of sex is right or wrong, questions columnist Josey Vogels.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

Making healthy food choices on the go

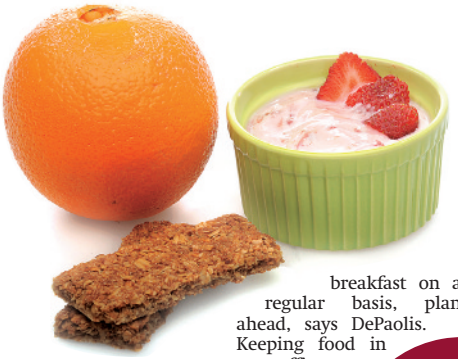
DENISE SURETTE
for Metro Canada

Everyone has those days where eating on the run is a necessity.

But for some, skipping meals and grabbing the quickest thing around is a lifestyle that can't be avoided. However, your busy schedule shouldn't stop you from eating a healthy diet.

"It's more common than most people think," says Stefanie DePaolis, registered dietician and owner of Menu For Movement. "People struggle to find healthy alternatives when they're busy."

DePaolis says its important to eat something, regardless of how healthy you may think it is, than to skip a meal. She says eating every three to four hours is important to keep blood sugars at a normal level.



Trail mix, granola bars, yogurt cups and fruit are all good options for a quick and nutritious breakfast.

She says even if it's a microwave dinner or something from a fast food joint, don't feel guilty about eating at regular intervals.

If you find yourself running out the door without breakfast on a regular basis, plan ahead, says DePaolis. Keeping food in your office or at home that takes no preparation is the best way to avoid skipping meals.

Eat every three to four hours to keep blood sugar levels normal

"Trail mix, a yogurt cup or fruit are great options," says DePaolis. "Try to think of these things ahead of time."

She also says granola bars are a great way to keep from going hungry, and are easy to keep without a fridge. But the bars should meet a healthy standard. DePaolis says check the nutritional information on the box and look for bars with at least three to four grams of fibre, less than eight grams of sugar and it should have less than three grams of fat per bar.

If you find yourself at the food court or at a fast food restaurant for lunch, DePaolis says a simple sandwich is a great choice. Avoiding sandwiches with a high content of mayonnaise is important. She advises skipping tuna, egg or chicken salad to avoid a mayo overdose.

Pure, organic skin care line

BEAUTY Bye bye strong scents, chemicals and synthetic ingredients. Hello pure, organic skin care.

More and more companies are launching the kinds of creams and lotions that a few years ago were only found in health-food stores.

Look for Consonant Body Organic Skincare products, made in Canada, now available at selected large department stores, or at consonantbody.com.

Consonant has recently released a 99 per cent natural foaming face wash and a new, organic hand cream to go with their soaps and lotions introduced last year.

Their slogan, happily embraced by Canadians, is "what goes on your body goes in your body."

Consonant Organic Foaming Face Wash ($18/125mL), left, and Organic Intense Therapy Hand Cream ($20/125mL).

CELIA MILNE
/FOR METRO CANADA

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"I cleansed my body and the kilos started melting off!"

Lise Marie lives in Norway and works at a car dealership. She has always loved candy and sodas, but after years of low energy and steady weight gain, she decided to make a change in her life.

"In only 10 weeks I lost 25 kilos! It was wonderful and I am in no doubt that Biofirm was the reason for my success. It was like getting a kick-start back to my old self. I felt more energetic from the start and that motivated me to change my lifestyle."

Kick-starting the diet

"I have always been a sugar junkie. I really needed it to keep my energy high all day. But it made me gain weight and at my highest, I weighed 94 kilos.

Then I read about Biofirm in a newspaper, and about how it would help my body expel toxins and thereby lose weight. I bought a package and started taking the tablets every day, while drinking lots of water and eating almost as usual.

Very quickly I noticed a change. Initially I didn't feel so great, but then after a week, I felt better and more energetic, which then made me want to move around more. After about 2 weeks the weight started dropping fast. At one point my mother actually starting getting worried about me, which I can understand. But I was sure it was because my body needed the cleanse, in order to release the fat."

Maintaining my weight

"Today my body feels light and I can fit my old clothes again. My sugar cravings are much weaker, and I am more physically active. That combination has really worked for me, to keep the weight off. Now I maintain my healthy weight with a cleanse once a year."

Biofirm is a Danish Detox product used for cleansing the body and reducing weight. Its the No. 1 detox product in Europe. In Canada, it can be bought in most pharmacies and health food stores.

WHAT IS DETOXING?

Spas and cleanses are not only reserved for the rich and famous. The herbal tablet Biofirm has helped thousands get a healthier lifestyle.

Whenever you eat food it gets processed in the body, to create energy. In the process, waste products, or toxins, are created. Other toxins, such as chemicals, air particles, pesticides and heavy metals also enter your body. But whether its toxins your body makes or toxins your body receives, they all need to be excreted. If they are not, they affect your health and you start getting symptoms like fatigue, repressed immune system, skin problems, joint problems, mental cloudiness, increased fat accumulation and problems losing weight.

What is Biofirm?

Biofirm is an herbal tablet that contains well-known and tested plant extracts. The natural active ingredients support the livers function and increase detoxification. The herbs also help the kidneys increase the urine production, to support the lymph system and its excretion of toxins.

Facts about Biofirm!

- Biofirm works without having to fast
- Biofirm is a strong herbal combination in a tablet form, made easy to take.
- Biofirm is produced in Scandinavia and has been used since 1992.
- Biofirm is the No.1 detox product in Europe and was voted detox product of the year in the UK!
- Biofirm helps the body release toxins that are stored in fat cells.
- Biofirms helps kick-start weight loss.

BioFirm is available in Canada at participating pharmacies in: **Participating Shoppers Drug Mart, London Drugs, Zellers, Alive, GNC, Thrifty´s and other health food stores and pharmacies.**
For more information, please call 1-800-261-4223 or visit us at **www.newnordic.ca**

Lead by example

Parents: Provide kids with healthy options

DENISE SURETTE
for Metro Canada

Numbers prove that childhood obesity is on the rise. More and more kids today are overweight, obese and developing weight related diseases at younger ages.

So how can parents take an active role in preventing weight issues, or deal with an existing problem?

Catherine Walsh, dietician with I.W.K Children's Hospital in Halifax, N.S., says that showing your kids how to eat properly is essential.

"It's important for parents to set an example," says Walsh. "They should be eating properly and making meal times a priority."

Providing healthy options at home for their kids and themselves is a start in the right direction. Walsh believes sitting down with your kids for meals and talking about where your food comes from will help develop positive relationships with food. Taking action as a family to throw out junk, and start making healthful foods together will get kids on board with a healthier lifestyle.

"Sit down and talk to your family," says Walsh. "Go to the grocery store or the farmer's market and make an adventure out of it."

Making healthy eating fun for kids is important, says Walsh. She says a few great ways to get them excited about dinnertime are to get them to help you make dinner, try new types of food together, and make fun treats like smoothies.

She also says to keep track of what your family is eating. Check that your family is getting all the food groups each day. Walsh says it can be fun for kids to learn the food groups and get them involved, have them check their own meals to see if there are vegetables, fruit, protein and grains in each meal.

One mistake that can happen, says Walsh, is being critical of what your child is eating.

"Let your kids guide you," says Walsh. "It's a sensitive topic for some people, don't come down too hard on them about food."

New parents can be especially vulnerable to anxiety regarding what to feed their child. Walsh says it's important to read up on nutrition for babies and toddlers, making sure they are eating the right foods. She also says you don't need to buy special food for toddlers; whole foods like apples and bananas are better than processed or boxed food.

"Parent should trust themselves and have a relaxed, positive attitude towards food, and your kids will too," says Walsh.

ISTOCK PHOTO

Help your children avoid obesity by getting them excited about food. One way is by asking them to assist with meal preparation.

"(Parents) should be eating properly and making meal times a priority"
Catherine Walsh, dietician

In brief

FOOD Chili peppers contain the powerful phytochemical capsaicin, and the hotter the pepper the more capaiscin it will contain. Capsaicin helps fight inflammation (ironically) as it helps prohibit Substance P, a neuropeptide linked to inflammation. Chilis also help prevent sinutitis and relieve congestion. When consumed the burning heat will stimulate secretions in the nose, helping to clear out mucus.

METRO WORLD NEWS

Local versus Sustainable
Sustainable food is not always local, but is produced in a socially responsible manner. Sustainable coffee beans, for example, may travel far to reach your table in Canada, but the coffee is grown on perennial bushes that don't require plowing, which keeps soil carbon stored in the ground. THE CANADIAN PRESS

Food

Nancy Tringali Piho, author of My Two-Year-Old Eats Octopus: Raising Children Who Love to Eat Everything, is one of several culinary authors with recent books offering personal stories and tips for foodie parents looking to share the meals they love with their children. THE CANADIAN PRESS

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

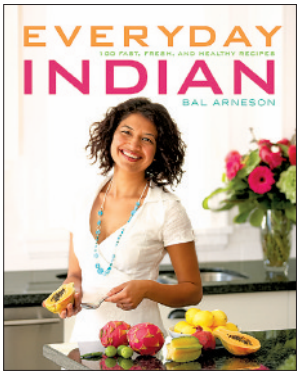
Dish up Indian flavours this Diwali

If you rolled a bit of Christmas, New Year's Eve and Thanksgiving into one, then catered the affair with heaps of sweets and savory snacks, you'd begin to get a taste for what it means to celebrate Diwali, India's best known festival, which this year falls on this Saturday.

Metro nabbed a few more delicious and simple recipes from Everyday Indian: 100 Fast, Fresh, and Healthy Recipes by Bal Arneson. After publishing the Vancouver author's terrific Tandoori Quesadillas earlier this year (which can be found at metronews.ca, if you enter the recipe name into the Search field), we just had to go back for more.

As Bal says, "… You shouldn't have to go to a restaurant to enjoy the great flavours of Indian food, nor should you view an Indian meal as an occasional treat… you can take any recipe in this book, any day of the week, and create a delicious, healthy dish in 20 to 25 minutes."

Everyday Indian (Whitecap Books) is available now.



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Salmon Paneer Cakes, a recipe from Everyday Indian.

Salmon Paneer Cakes

MAKES 6–8 PIECES

Serve with Mint Chutney, Peach Chutney or Yam and Red Onion Chutney.

INGREDIENTS:

- One 6 oz can salmon, drained and liquid squeezed out
- 3/4 cup grated paneer (see below)
- 1/2 cup low-fat plain yogurt
- 1/4 cup finely chopped red onion
- 1/4 cup chickpea flour
- 1 tsp garam masala (see below)
- 1/2 tsp salt
- 2 Tbsp grapeseed oil

METHOD:

Combine all the ingredients except the oil in a bowl and mix until the flour is evenly distributed. Make small cakes (1-inch patties). Heat the oil in a non-stick skillet over medium heat and pan-fry the patties on both sides until golden brown.

- **Note:** Adding 1 tsp of dried fenugreek leaves, 1 tsp of chana masala, and 1 Tbsp of finely chopped ginger gives an enticing aroma to the cakes. You can also sprinkle fresh lemon juice over the cakes just before serving to brighten all of the flavours.

Homemade Paneer

INGREDIENTS:

- 1 gallon (4 L) 2% milk
- 1/2 cup plain white vinegar
- One 20-inch-square piece of cheesecloth

METHOD:

Bring the milk to a boil in a large pot. Add the vinegar and stir until the mixture separates into solids and liquid. Drain the mixture through cheesecloth. Wrap the curd with the cheesecloth, place in a sieve, and put a heavy weight on it, such as a cookie jar or rice container. Let the water drain completely for 20 minutes.

Remove the cheesecloth and cut the paneer into small cubes. Use immediately or refrigerate in a covered container for up to 5 days.

- **Note:** Pan-frying helps to keep the paneer cubes from falling apart. Place 2 Tbsp grapeseed oil in a non-stick pan over medium heat. When the oil is hot, gently place the paneer in the pan and cook until golden-brown. Gently flip the pieces and brown the other side. Pan-fried paneer freezes and thaws very well without crumbling.

Garam Masala

MAKES 1 CUP

INGREDIENTS:

- 1/2 cup coriander seeds
- 1/2 cup cumin seeds
- 1/4 cup dried curry leaves
- 1/4 cup black peppercorns
- 1/4 cup mustard seeds
- 3 whole cloves
- 2 black cardamom pods
- 2 cinnamon sticks, each 3 inches long
- 2 bay leaves

METHOD:

Preheat the oven to 325°F. Combine all the ingredients, spread them on a rimmed baking sheet, and toast in the oven for 15 minutes. Let cool and process to a fine powder in a grinder, such as a coffee grinder reserved for this purpose. Stored in an airtight container in a cool place, it should keep well for 3 months.

WITH FILES FROM THE ASSOCIATED PRESS

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LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Hearty quaffs

Even if you're a dedicated sun worshipper, it's still hard not to love fall. While there may be a chill in the air, with the leaves changing and the harvest in full swing at farms and vineyards across the country, there's no better time to be Canadian.

Autumn is the season where fresh produce really influences what happens in the kitchen with hearty stews, game meats and plenty of rustic comfort food dominating the dinner table.

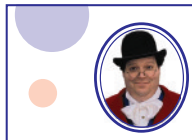
Though I've never been one to relegate a certain style of wine to a spot on the calendar some just echo the personality of a season so well that there's a real unifying connection.

The juice from France's Rhone Valley taste like October — especially its reds. They're typically easier drinking than most French with wines like **M. Chapoutier's 2007 Belleruche Côtes du Rhône ($17.80 - $19.29),** offering a mouth full of licorice, spice and dark fruit, thanks to its blend of grenache and syrah.

The viognier grape also calls the Rhone home, but Chile is working wonders with it as well. With forward leachy fruit and a lingering white pepper bite **Cono Sur's 2008 Viognier ($9.99 - $11.99)** is a tasty fall weather white.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



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Flight attendant sues Oprah

Corrine Gehrls, a flight attendant on Oprah Winfrey's private jet, has filed suit against the talk show host after she was fired for allegedly have sex with the plane's head pilot while Winfrey and guests slept during a flight. METRO NEWS SERVICES

Entertainment

Law says sorry

Jude Law has reportedly apologized to his family after DNA tests "conclusively" prove he fathered aspiring actress Samantha Burke's daughter Sophia, who was born last month. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

This is It new Jackson single debuts online

Michael Jackson returned to the airwaves yesterday with a new song — the first from an upcoming musical documentary featuring the late superstar.

It is the first new material by Jackson to be released since his sudden death in Los Angeles on June 25.

Jackson sounded confident and almost playful on This is It, which features his trademark breathy vocal style, perfected over the years since he was a child sensation with the Jackson Five.

He is backed by lush vocals from his brothers.

It is a mid-tempo number with orchestral backing that is played during the closing sequences of the documentary, which opens Oct. 28 for a limited two-week run. The song is available on Jackson's website and will also be sent to radio outlets.

THE ASSOCIATED PRESS

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metronews.ca

Dillon returns to rock

Flashpoint and Durham County star releases new album

MAUREEN LITTLEJOHN
for Metro Canada

Hugh Dillon, former Headstone turned TV star, has often depended on the musical muse to lead him in the right direction.

"I got in the habit of songwriting long ago, it was consistent when everything else wasn't consistent," the 46-year-old explains, referring to when his hard rocking group disbanded in 2003.

Works Well With Others, his new solo album out on Warner Music today, features a couple of songs heard on the two shows he stars in, Flashpoint and Durham County. The music is muscular yet introspective, filled with clear-headed determination. What did he intend with the title? "Well, it was something written on my report cards when I was a kid until one day it wasn't," he says. The angry young punk has come full circle.

Produced by Paul Langlois of the Tragically Hip, the album is a farewell to the boozed up addict who didn't think he'd see age 40. First song Friends of Mine, is spare and to the point, a confessional of sorts. "I lost a lot of friends, it's part and parcel of the lifestyle. When you're young you emphasize the drugs and rock 'n' roll. But they take over life. I knew I had to change everything." Dillon packed his bags and headed to Los Angeles (where he still lives) to start over. "It was terrifying. I had a s—y little apartment and my guitar. I had to fight depression and misery and rise above the problem. Once I had identified that the problem was me, I had a shot."

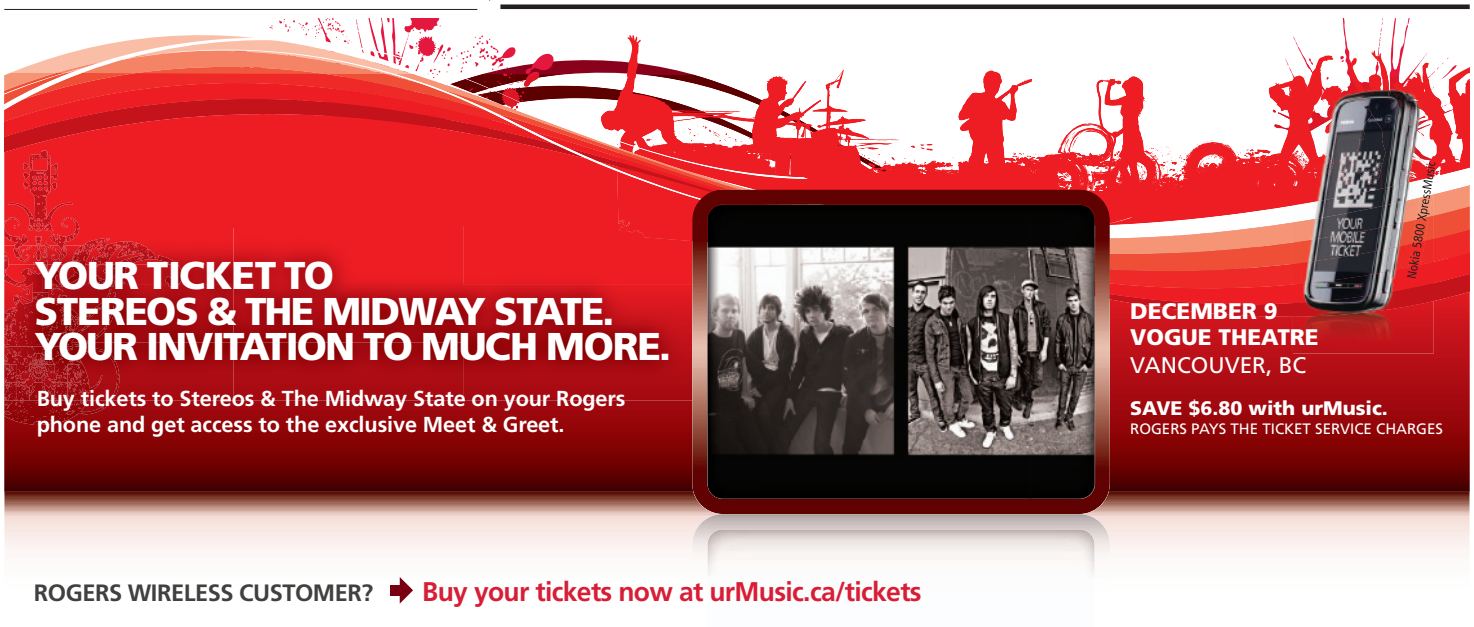
Works Well With Others is the new album from Hugh Dillon.

"I had to fight depression and misery and rise above the problem. Once I had identified that the problem was me, I had a shot."
Hugh Dillon

Acting in indie movies Hard Core Logo in 1996, and Down to the Bone in 2004 helped land him plum roles in Durham County and Flashpoint. He credits his wife, Midori Fujiwara, for supporting him as he got his life back together.

"We've been together 21 years. I wrote the song Puzzle I Am for her. It's very different for me, no rage, and no heavy rock 'n' roll. It was liberating."

This month the Geminin-nominated actor/musician starts shooting the next season of Durham County in Montreal. Come January he'll be in Toronto revving up for another season of Flashpoint. He hopes to do a few live music gigs in December and possibly tour next spring or summer.



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Hurtin' Hamm
Mad Men's Jon Hamm was sporting a hole-punch-sized crater in his neck during a visit to The Late Show with David Letterman after being injured on the set of his upcoming film The Town. METRO WORLD NEWS

Dark intrigue in Hollywood

BookPicks

Stardust

Author: Joseph Kanon
Publisher: Atria Books
Price: $36 (Hardcover)

In the thrilling post-Second World War novel Stardust by Joseph Kanon, protagonist Ben Collier enters the world of American filmmaking only to become embroiled in a plot of epic proportions. He's returned from serving in Europe to California, where he finds his director brother Daniel comatose after a fall from a window. When Daniel dies, Joseph wonders whether it was accident, suicide or something more. His hunt leads him to discover an anti-Communist government offensive focused on the film industry and his brother's role in it. Mixing real figures with fictional ones, Kanon creates an engaging mystery and depicts an era faithfully.

Canada and Other Matters of Opinion

Author: Rex Murphy
Publisher: Doubleday Canada
Price: $32.95 (Hardcover)

In Canada and Other Matters of Opinion, the country's favourite commentator, Rex Murphy, delivers a printed collection of his cutting perspectives on topics ranging from politics to pop culture. The CBC personality and frequent Globe and Mail contributor scrutinizes and deconstructs public figures from Adrienne Clarkson to Pamela Anderson, underscoring his observations with a trademark sarcastic edge. Whether he's assessing the cultural meaning of Tim Hortons or the ambiguities of the tri-party coalition-that-couldn't, Murphy possesses an unabashedly Canadian eye.

When the Rivers Ran Red

Author: Vivienne Sosnowski
Publisher: Palgrave Macmillan
Price: $34.50 (Hardcover)

When Prohibition took hold in the U.S. in 1919, the crackdown on booze hampered more than the indiscretions of urban socialites. Banning alcohol meant destroying a way of life for its sellers, manufacturers and transporters. In When the Rivers Ran Red, newspaper editor Vivienne Sosnowski uncorks the history of wine production south of the border, chronicling the risk vineyards took to stay afloat. She reveals the fantastic gun battles and the illegal manoevres of law enforcement officials that ensued when when the government stomped on an industry. — BRIAN COULTON/ FOR METRO CANADA

Playboy's newest centrefold: Marge Simpson

MAGAZINES Ay Carumba! Marge Simpson has done something that Homer might approve of but will make Bart the proudest kid in his school: She's posed for Playboy magazine.

After more than a half century featuring women like Marilyn Monroe, Cindy Crawford and the Girls of Hooters on its cover, Playboy has, for the first time, given the spot to a cartoon character.

And the magazine is giving the star of The Simpsons the star treatment, complete with a data sheet, an interview and a two-page centrefold.

The magazine's editorial director, James Jellinek, won't say exactly how much of Marge will show in the November edition that hits newsstands on Friday — or whether she lets that big pile of blue hair down. But, he said, "It's very, very racy."

But he stressed that the mother of three — the youngest a baby, by the way — has a lot to be proud of. "She is a stunning example of the cartoon form," he said in an interview at the magazine's headquarters in Chicago, appearing both pleased and surprised at the words coming out of his mouth. THE ASSOCIATED PRESS

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My Year Without Sex
(Australia, 96 min.)

When an Australian wife and mother suffer a near-fatal brain aneurysm, her recovery includes doctor-ordered abstention. As her family attempts to cope with the big questions of sex and death, help arrives in the most unlikely fashion. Sarah Watt directs. <MYYEA>

Tue. Oct 13, 7:00pm, Ridge

The Agony and the Ecstasy of Phil Spector
(UK/USA, 100 min.)

Granted unprecedented access to the legendary record producer, Vikram Jayanti examines the divide between the towering grandeur of Spector's music and the dark depths he's plumbed personally. Saturated with the music of the Ronettes, Ike & Tina, late-era Beatles, etc., this film is as intricately assembled as any of Spector's compositions. <AGONY>

Tue. Oct 13, 9:15pm, Granville 7
Thu. Oct 15, 1:15pm, Granville 7

GUESTS IN ATTENDANCE

Lebanon (Israel, 92 min.)

The first Lebanon War—June, 1982. A lone tank is dispatched to search the remnants of a hostile town. Inside are four soldiers who are not eager for battle, but brave kids losing their innocence in the most brutal way. Samuel Maoz's debut is an intensely cinematic film, a personal immersion into the look, feel—and even the smell and taste—of war. Winner, Golden Lion, Venice 2009. <LEBAN>

Tue. Oct 13, 8:45pm, Granville 7
Fri. Oct 16, 11:40am, Granville 7

The Damned United
(UK, 98 min.)

The team behind *Frost/Nixon* and *The Queen*—producer Andy Harries, writer Peter Morgan and star Michael Sheen—re-unite for this rollicking story of 70s-era football manager Brian Clough. Here, however, the footy is secondary to the drama of friendships broken by ego run rampant... Timothy Spall and Colm Meaney co-star. <DAUNI>

Tue. Oct 13, 9:30pm, Granville 7

377 FILMS | 70 COUNTRIES | 10 THEATRES

24 entertainment

Will he be fired again?
Disgraced former Illinois governor Rod Blagojevich will compete on the next season of Donald Trump's Celebrity Apprentice. METRO WORLD NEWS

DVD picks

The Proposal

Director: Anne Fletcher

REVERSE SEXISM is at work in this screwball comedy starring Sandra Bullock and Canada's Ryan Reynolds, a summer hit that provided major careers boosts to both.

Bullock is the poor man's Meryl Streep in her role of New York book editor Margaret, who boots around and then seeks to wed her assistant, Andrew, played by Reynolds.

Margaret is an uppity Canadian — irony alert! — whose U.S. residency is about to be revoked by an overzealous immigration agent (Denis O'Hare). She conspires a shotgun marriage with U.S.-born Andrew to save her status.

City slicker Margaret has to cope with the Alaskan foibles of Andrew's kooky kin, including his meddling mom (Mary Steenburgen), gruff dad (Craig T. Nelson) and kinky granny (Betty White, ever the scene thief), whose 90th birthday occasions the trip.

The twist here is that Reynolds, who normally

does the hip cynic, is playing a pathetic pup, one who heels to every cruel whim of his employer. But the freshness doesn't last long as the film defaults to rom-com formula.

Nobody who ever attended a date movie will be surprised by what happens, but The Proposal has low expectations and good vibes in its favour. Director Anne Fletcher (27 Dresses) never overplays her hand, or the script by newcomer Peter Chiarelli.

Extras include an alternative ending, deleted scenes and commentaries by Fletcher and Chiarelli.

Drag Me to Hell

Director: Sam Raimi

APPLAUDING SAM RAIMI for returning to his schlock horror roots is a bit like cheering a Big Mac for tasting the same as it always does. Sure, it's fun that Raimi took a break from counting his Spider-Man loot to bang out a quickie thriller strongly reminiscent of his Evil Dead beginnings.

But couldn't Drag Me to Hell, which Raimi co-wrote with his bro Ivan, be just a little bit more imaginative? In many ways it's Evil Dead 4, which may explain the critical huzzahs from Cannes to California, with a gender flip for minor variety.

This time, the dead-dodging protagonist is a woman (Alison Lohman), rather than the hapless hero played so memorably and hilariously by Raimi regular Bruce Campbell. Lohman's character, Christine, is just too dumb to warrant the supernatural abuse she endures after running afoul of gypsy crone Mrs. Ganush (Lorna Raver). For

acting like a bureaucrat rather than a saint, Christine's punishment is to spend the next 90 minutes dodging the curse of the Lamia, a body-snatching entity from hell that holds big-time grudges and won't take no for an answer.

The thrills are good, but Drag Me to Hell isn't as funny as it should be. With the exception of Raimi's depiction of the Lamia as a talking goat, the laughs just don't come as freely as they used to. Extras include video production diaries and the unrated director's cut.

Peter Howell for Metro Canada

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/13/09	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Being Erica (N) (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Hollywood	You Can Dance		Dancing With the Stars (CC)		Law & Order: SVU		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma (CC)		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Good Cop, Bad Cop"		NCIS: Los Angeles (N) (CC)		The Good Wife "Fixed" (N)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	Monk (CC)		Movie (CC)				A News (N)
	253	359	13 CITY	(6:00) The Biggest Loser (N)		Hell's Kitchen (Season Finale) (N) (CC)				The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	90210 "Wild Alaskan Salmon"		Melrose Place "Shoreline" (N)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Good Cop, Bad Cop"		NCIS: Los Angeles (N) (CC)		The Good Wife "Fixed" (N)		KIRO News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser (N) (CC)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery	Style by Jury	Style by Jury	How to Look Good Naked (N)		Younger
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Shark Tank (N) (CC)		Dancing With the Stars (CC)		(:01) the forgotten (N) (CC)		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	Sleepwalkers ★ (1992) Brian Krause, Madchen Amick.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Life (Part 2)	Steves Europe	Nova (N) (CC) (DVS)		Frontline "Obama's War" (N)		Independent Lens (CC)		P.O.V. (CC)
	290	382	23 FOX	Two/Half Men	Two/Half Men	Hell's Kitchen (Season Finale) (N) (CC)				Q13 FOX News at Ten (N)		Family Guy
	-	364	53 PBS	Frontline "Obama's War" (N)		Being Served	Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	54 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	Paid Program
	298	653	55 TLA	Two/Half Men	Two/Half Men	90210 "Wild Alaskan Salmon"		Melrose Place "Shoreline" (N)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	56 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	57 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Will & Grace
news	502	390	26 NW	CBC News: the fifth estate		CBC News: The National		CBC News: The National		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	(6:30) MLB Baseball National League Division Series Game 5 -- Teams TBA. (If necessary).						Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre	That's Hockey	SportsCentre	Off the Record	World Extreme Cagefighting (Taped) (CC)				SportsCentre
	411	457	49 OLN	Ghost Hunters "Club Dead"		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters "Club Dead"		Bounty Hunter
	410	403	54 SCR	Score Now		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Ride of Their Lives (2008, Documentary)				Dale (2005, Documentary) Narrated by Paul Newman.				Ride of Lives
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	58 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		First Australians (N) (CC)		Autism: The Musical ★★★ (2007) Premiere.			Recreat. Eden	Pinecrest
	575	583	20 CMT	Home Imp.	Home Imp.	Wilsons	Wilsons	Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	24 MM	MuchNews	My Date	One Tree Hill (CC)		Starmaker		MuchNews	Love Court	Spotlight
	600	564	29 H&G	House	House	Holmes on Homes (CC)		HGTV's Top	Design Inc.	Pure Design	Genevieve	House
	615	520	61 A&E	Parking Wars	Parking Wars	Parking Wars	Parking Wars	(:01) The First 48 (CC)		Parking Wars	Parking Wars	Parking Wars
	628	584	62 SPKE	Deadliest Warrior		Surviving Disaster (N)		DEA		CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	34 TLC	Mermaid Girl: A New Chapter		Cake Boss	Cake Boss	18 Kids-Count	18 Kids-Count	Mermaid Girl: A New Chapter		Ultimate Cake
	616	522	30 SHO	The Outer Limits (CC)		The Perfect Neighbor (2005) Perry King, Susan Blakely. (CC)				Bones "The Truth in the Lye"		NCIS "Aliyah"
	620	523	40 BVO	Chantal -- Live		Law & Order "Pledge" (CC)		Without a Trace "Labyrinths"		Wit ★★★ (2001) Emma Thompson. (CC)		
	601	562	41 SLC	Bulging Brides	Bulging Brides	ET Canada	What	Biggest Loser Australia (CC)		Beauty and the Geek (CC)		Trading Sp
	520	505	42 DIS	American Loggers (N)		Daily Planet (CC)		Destroyed	Destroyed	American Loggers		How It's Made
	522	506	44 HIS	Ancient Discoveries (CC)		Cities of the Underworld		Cities of the Underworld		Ultimate Engineering (CC)		Crime Stories
	627	528	45 SPC	Fringe "Momentum Deferred"		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)	
	294	650	47 TBS	The Office	The Office	The Office	Seinfeld	Seinfeld	Sex and-City	A Night at the Roxbury ★ (1998) Will Ferrell.		
	619	525	48 TROP	'70s Show	'70s Show	The Outer Limits "Descent"		ET Canada	Switch (N)	Family Guy	'70s Show	'70s Show
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Unwrapped	Unwrapped	Hell's Kitchen (CC)		Good Eats
	-	-	53 AMC	(5:00) Wyatt Earp ★★ (1994, Biography) Kevin Costner, Dennis Quaid.						Dances With Wolves ★★★★ (1990) Kevin Costner. (CC)		
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham: Arguing		Daily Show
	320	621	60 CEN	(6:15) Art of War II: Betrayal		Vacancy 2: The First Cut (2009) Premiere.		Quarantine ★★ (2008) Jennifer Carpenter.				The Wrestler
	581	566	101 MTV	The Hills (N)	After	MTV Live	MTV News	The City	The City	The Hills	After	MTV Live
	261	394	102 V	Unscripted (N)	I Prophesy	Poltergeist: The Legacy		Carousel ★★★ (1956, Musical) Gordon MacRae, Shirley Jones. (CC)				
	-	-	105 MUL	Sewing Maid	Boys Over Flo	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

The Biggest Loser
A challenge winner gets to divide the contestants into two teams, each of which will train with either Jillian Michaels or Bob Harper. One contestant gives another a special gift. After a challenge testing the contestants' ability to work together in their newly formed teams, a difficult elimination results in another player being sent home. Alison Sweeney is host. 6 PM on CITY, 8 PM on NBC

Being Erica
Change is scary. What if it doesn't turn out well? Erica (Erin Karpluk) has had that mind-set far too long, and when a great career opportunity comes her way, she decides to go for it. A trip back to a summer in Taipei gives her some practice in learning to distinguish "good" risks from "bad" ones in the new episode "Cultural Revolution." 9 PM on CBC

Good hunting turns up Will

KINSHIP It seems Matt Damon and Ben Affleck are more than childhood pals and colleagues. According to the New England Historic Genealogical Society, they're also cousins — 10th cousins, once removed. Researchers determined the actors are both descended from William Knowlton Jr., a bricklayer who came to the U.S. from England in the 1630s. The society said Affleck is also related to 16 U.S. presidents, including Barack Obama, and the late Princess Diana.

THE ASSOCIATED PRESS

In brief

ROYAL PAIN In an interview posted on Buckingham Palace's YouTube channel, 88-year-old Prince Philip bemoans the complexity of TV remote controls, saying, "To work out how to operate a TV set you practically have to make love to the thing." THE ASSOCIATED PRESS

Kenya's Style
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

Goodwill in Bloom

UNICEF has named Orlando Bloom its goodwill ambassador in recognition of his commitment to children's rights around the world. Bloom has supported UNICEF's work since 2007, when he first visited schools in impoverished districts of Nepal. THE ASSOCIATED PRESS

Celebrity Buzz

Amy gets new breasts? Sources say yes, yes, yes

SHE'S A BIG GIRL NOW Part of Amy Winehouse's plan for a comeback is apparently an in-depth visit to a plastic surgeon. Sources tell the Sun that the Rehab singer recently dropped $52,000 US on cosmetic surgery — including breast augmentation.

"She looks amazing, like a new woman," a source says. "We all feared she'd fallen off the wagon when she came in. Then we saw her bouncing around with these huge boobs which stand out as she's so tiny and skinny."

METRO WORLD NEWS

Cruise-ing with Catholicism

MOM KNOWS BEST Suri Cruise is ready to start preschool, and it turns out she'll be attending Catholic school, according to the Daily Mail. Despite dad Tom Cruise's devotion to Scientology, Suri is reportedly being raised Catholic like mom Katie Holmes.

"Katie has been listening to her parents who are devout Catholics. She is not convinced by Scientology," a source says.

Young Suri is set to attend the Catholic Charities Yawkey Centre For Early Education And Learning in Boston.

METRO WORLD NEWS

Tara sheds insecurities, and clothes, for Playboy

GO FIGURE Tara Reid has overcome her physical insecurities and stripped off for an upcoming issue of Playboy magazine, according to U.S. reports.

The American Pie star underwent a botched liposuction procedure in 2004 and vowed never to take off her clothes for the men's magazine — because she was too insecure about her figure, female-first.co.uk reports.

Reid told reporters, "I know there are problems with my stomach. There are bumps on it, it's uneven."

However, the 33 year old is now flaunting her figure, according to In Touch magazine. She reportedly posed entirely nude for a Playboy shoot at a private residence in Santa Monica, California earlier this month. A source says, "She was a bit insecure about her body when they first started. She looked great and finally got into the groove."

METRO NEWS SERVICES

Eddie mum about LeAnn on set

SUCH A PROFESSIONAL Eddie Cibrian's personal life might make headlines in the press, but on the set of CSI: Miami, his costar tells usmagazine.com that he keeps quiet about new girlfriend LeAnn Rimes.

"I know he's going through a lot of personal stuff right now, but he's super-professional and doesn't bring any of it to work," Eva La Rue told Us. La Rue, who plays a DNA analyst on the CBS drama, previously worked with Cibrian, 36, on Third Watch, in which they played a married couple.

"I know he's a great guy," she told Us of the star, adding that it has been "really fun" working on the series' eighth season. Will Rimes guest star on the show? "I don't know," La Rue said, laughing.

METRO NEWS SERVICES

Celebrity tweets

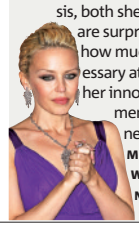
Kirstie Alley doesn't have time to indulge in long meals, Joel Madden had an interesting seatmate on a recent flight and Kylie Minogue checks up on her little sister who angered folks with a comment on X Factor.

• @kirstiealley
Back from dinner with friends..see how this weight loss thing works..7 bites..fast dining..kiss kiss..love love..eat eat...bye bye...lol

• @JoelMadden
I actually don't mind sitting next to people on planes. I chat them up. On my flight today i sat next to a WWII fighter pilot.

• @kylieminogue
Just off the phone w my little sis, both she and Danyl are surprised by how much unnecessary attention her innocent comment has garnered...

METRO WORLD NEWS



The Weather Network ©The Weather Network 2009

Today Showers 80% 12°/ 9°

Wednesday Rain 90% 15° / 11°

Thursday Rain 90% 15°/ 13°

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Take Five

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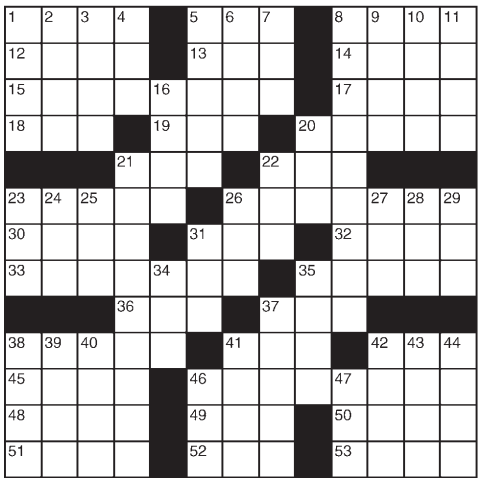

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	2		4		6	9	3	
					9			8
5						6		2
	1		5			7	4	
				4				
	8	7			1		2	
3		5						1
1			6					
	7	2	1		8		6	

ACROSS

1 Call a halt to
5 Bashful
8 Barrel
12 End of a melody
13 Caustic solution
14 Lotion additive
15 Comic-strip pub habitue
17 Undraped
18 Wrong (Pref.)
19 Inseparable
20 Madison Avenue worker
21 Droop
22 Distort
23 Dazzling display
26 Let the air out
30 Hoodlum
31 Scarlet
32 Met melody
33 Legendary clarinetist
35 Go in
36 Sweet potato
37 See 3-Down
38 Correct
41 — Lanka
42 Copper head?
45 Margarine
46 1977 James Taylor hit
48 Pebbles' pet
49 Clay, today
50 In the thick of
51 Go looking for
52 Links prop
53 Cookware

DOWN

1 Swindle
2 Morrison or Collette
3 With 37-Across and 44-Down, miscellany
4 Remuneration
5 Word on the street?
6 Advertise bombastically
7 "Uh-huh"
8 Game played with "gingerbread pawns"
9 Astringent
10 Pop
11 Acute
16 Outer layer
20 "Bow-wow!"
21 New Jersey peninsula
22 Marry
23 Ovum
24 Bill's partner
25 Privy
26 Lair
27 Illustrations
28 Dead heat
29 Listener
31 Aries
34 Yoga surface
35 Oklahoma city
37 Golfer Palmer, to fans
38 Sceptres
39 Nastase of tennis lore
40 Kelly or Krupa
41 Store event
42 Bullets
43 Worm, maybe
44 See 3-Down
46 Chapeau
47 Shrill bark

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

M	A	J	O	R		B	I	G		A	L	P		
E	R	O	D	E		O	R	E		S	I	R		
S	K	E	E	T		W	O	E	I	S	M	E		
		D	R	I	V	E	N		C	A	B	S		
S	K	I		E	A	R		L	I	M	O	S		
O	A	R	S		N	Y	L	O	N					
P	Y	T	H	O	N		O	U	G	H	T	S		
			E	X	A	C	T		S	O	U	P		
A	S	S	A	Y		A	U	F		E	T	A		
S	T	E	T		E	N	S	U	E	D				
T	O	E	H	O	L	D		S	P	O	D	E		
E	L	M		A	M	O		S	E	W	E	R		
R	E	S		F	O	R		Y	E	N	T	A		

8	7	2	4	5	3	9	1	6
4	6	5	2	9	1	7	8	3
1	3	9	7	8	6	2	5	4
7	4	3	9	1	2	5	6	8
5	2	1	8	6	4	3	7	9
9	8	6	3	7	5	1	4	2
6	1	4	5	3	9	8	2	7
3	5	7	6	2	8	4	9	1
2	9	8	1	4	7	6	3	5

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

Metro Recipe of the Day

Scalloped Potatoes

INGREDIENTS:

3 tbsp (45 ml) butter, divided
1 tbsp (15 ml) all-purpose flour
1 tsp (5 ml) salt
1/4 (1 ml) pepper
1-1/2 cups (375 ml) milk
4 cups thinly sliced peeled potatoes
1 medium onion, finely chopped
1 small green pepper, finely chopped
1/2 cup (125 ml) dry bread crumbs
3/4 cup (175 ml) shredded cheddar cheese

METHOD:

1. In a small pot, melt 2 tbsp (25 ml) butter; stir in flour, salt and pepper. Gradually stir in milk. Bring to boil over medium heat; cook and stir 2 minutes or until thickened.
2. In a greased 1-1/2-qt. (1.5 l) baking dish, arrange half the potatoes, onion and green pepper in layers; cover with half of sauce. Repeat layers. Cover and bake at 350 F (180 C) for 35 minutes.
3. Melt remaining butter; combine with bread crumbs and sprinkle over potatoes. Bake, uncovered, 40 minutes longer or until potatoes are tender. Sprinkle with cheddar cheese. Let stand 5 minutes before serving.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Listen to what friends have to say to you over the next 24 hours, because they can see things that you can't. Adopt their positive attitude, too.

TAURUS ♉
APRIL 21-MAY 21
You're on the threshold of a breakthrough, one that wouldn't have been possible a short time ago. Nothing's beyond you when you put your mind to it.

GEMINI ♊
MAY 22-JUNE 21
You need a change of perspective or direction, and you'll get that today whether you like it or not. Chances are you'll like it very much indeed.

CANCER ♋
JUNE 22-JULY 22
If you find yourself wishing you were someone else, you're wasting your time. Focus on making a better job of who you are.

LEO ♌
JULY 23-AUG 23
Your problems are not as bad as you seem to think and today you will realize you have been worrying for no good reason.

VIRGO ♍
AUG 24-SEPT 22
You may be tempted to change something that's worked for you, and it could be time for a change. At work you'll be open to new ideas and methods.

LIBRA ♎
SEPT 23-OCT 23
Play to your strengths today and you'll move ahead swiftly with a project close to your heart. Romantically and creatively, you can do no wrong.

SCORPIO ♏
OCT 24-NOV 22
This is the perfect day to patch up a relationship that's been less than satisfactory in recent months. But you must ditch your pride and say sorry first.

SAGITTARIUS ♐
NOV 23-DEC 21
Something important is about to happen in your life, something that will make you smile. There is a good chance travel is involved.

CAPRICORN ♑
DEC 22-JAN 20
There is a real possibility you'll come into money, but there are other ways to improve your finances. The most obvious is to sell off some of your things.

AQUARIUS ♒
JAN 21-FEB 18
Recently, it may have seemed your long run of good fortune was at an end, but today will help you to believe that Lady Luck has not deserted you.

PISCES ♓
FEB 19-MARCH 20
If you find your approach to a personal problem isn't working, tackle it from a different angle. Think creatively, and dig yourself out of a hole.

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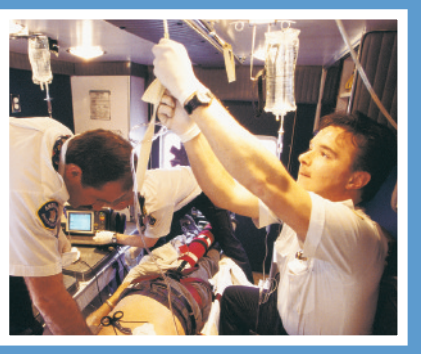

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Taxes & other fees (including service charges): $134

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Aston at the Maui Banyan • 3★
One-bedroom / one-bath standard suite
Nov. 21 & 28 • 1 wk.
$1149
Taxes & other fees (including service charges): $134

Ixtapa / Zihuatanejo
Tesoro Ixtapa • 3 1/2★
All-Inclusive • Deluxe rm.
Jan. 2 – 30 • 1 wk.
$999
Taxes & other fees (including service charges): $267

Los Cabos
Barceló Los Cabos Palace Deluxe • 5★
All-Inclusive • Junior suite
Jan. 3, 24 & 31 • 1 wk.
$1159
Taxes & other fees (including service charges): $266

Varadero
Sirenis La Salina Varadero • 4★
All-Inclusive • Standard rm.
Jan. 1 – 22 • 1 wk.
$1259
Taxes & other fees (including service charges): $212

Saint Lucia via Toronto
Coconut Bay Beach Resort & Spa • 4★
All-Inclusive
Deluxe garden view rm.
Nov. 15 & 22 • 1 wk.
PRIVILEGES
$1369
Taxes & other fees (including service charges): $228

Jamaica
Gran Bahia Principe Jamaica • 4 1/2★
All-Inclusive • Junior suite
PRIVILEGES

Jan. 8 & 15 • 1 wk.
$1549
Taxes & other fees (including service charges): $256

Dec. 25 • 1 wk.
$1999
Taxes & other fees (including service charges): $256

Punta Cana via Calgary
Gran Bahia Principe Punta Cana • 5★
All-Inclusive • Junior suite
Dec. 22 – 29 • 1 wk.
$1879
Taxes & other fees (including service charges): $304
Please add $100 for Dec. 29 departures

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London
Hotel Ibis London Earls Court • 3★
Breakfast
Standard rm. special
Nov. 12, 13, 18, 19 & 27 • 4 nts.
$827
Taxes & other fees (including service charges): $474

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Dec. 20 • 1 wk.
$1769
Taxes & other fees (including service charges): $255

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Nov. 14 – Dec. 12 • 1 wk.
1st night FREE
$859
Taxes & other fees (including service charges): $264

Golden Crown Paradise • 4 1/2★
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Departure taxes are extra and must be paid locally: Costa Rica, 26 USD cash; Cuba, 25 CUC cash. Prices in this ad are in Canadian dollars and are valid for bookings made between Oct. 13 & 17/09, inclusive. Prices are per person based on double occupancy, unless otherwise stated, from Vancouver International Airport. Air & Hotel packages to the Caribbean, Cuba, Costa Rica and Mexico include return flight, the hotel as described and transfers at destination. Air & Cruise packages include return flight and the cruise as described. Packages to Europe and the USA include return flight and hotel as described. New bookings only. Subject to availability. Not applicable to group bookings. Sale prices reflect applicable reductions, are subject to change without notice and cannot be combined with any other offer or promotion. Flights operated by Air Canada. For applicable terms and conditions, consult the Air Canada Vacations brochures or www.aircanadavacations.com. BC registration #32229. †Aeroplan Miles are not actual miles, but points towards rewards including travel rewards. Unless otherwise indicated, Aeroplan Miles indicated are based on roundtrip Economy class per passenger from Vancouver to London, are awarded on flight-inclusive travel only, and are per Aeroplan member. For the amount of Aeroplan Miles that can be earned when flying to other destinations, visit www.aircanadavacations.com. For terms and conditions of the Aeroplan program, consult www.aeroplan.com. ■ [1]Royal Caribbean International Ltd. ships' registry: The Bahamas. [2]Earn 2,500 bonus Aeroplan Miles if booking is made by Oct. 31/09 for departures between Sept. 1 & Dec. 31/09. [3]Available in conjunction with flight-inclusive packages. Non-stop flights via Vancouver. Excluding USA & Europe destinations. [4]Available on select flights. Full details available at aircanadavacations.com/executiveclass. ■ ®Aeroplan is a registered trademark of Aeroplan Canada Inc. ®Air Canada Vacations is a registered trademark of Air Canada, used under license by Touram Limited Partnership. Visit www.aircanadavacations.com for up-to-date information.